





Beetroot

Fresh beetroot is worlds apart from the ready prepared vinegary sort which is sold in lots of shops. It has a deep, sweet, slightly earthy flavour, a crunchy, velvety texture and the most fantastic rich colour. It is a good source of vitamin C, fibre, potassium, magnesium and folic acid. The leafy tops are an excellent source of iron and calcium.

1 portion = 1 medium sized beetroot or 7 slices

Recipe developed by
Robin Van Creveld,
Community Chef

How to prepare

Beetroot should be firm with a smooth, undamaged surface. Smaller roots are more tender and better eaten raw. Any larger than a tennis ball and they may have tough, woody cores. If you want to use the leaves they should be crisp, fresh looking and not too long or thick. Use the leaves first as the roots will last longer. Beetroot juice will stain your hand and your preparation surfaces so you may want to prepare it on a large plate rather than a chopping board and wear rubber gloves when cutting and handling it.

How to cook

Raw: smaller more tender beetroots don't need peeling and can be used raw in salads. Wash thoroughly and remove tops. Thin root before slicing very finely or grating.

Cook: mature beetroot can be boiled, roasted or wrapped in foil and baked. To preserve the beetroot's colour and nutrients, rinse and brush clean but do not remove the skin or root until after cooking. When boiling, cook for about 30 minutes or until a skewer easily penetrates to the core. Bake or roast at 180C/350F/ Gas mark 4 for about 45 minutes.

Recipe ideas

- Grate beetroot and carrots and mix with the juice of one orange for a sweet crunchy salad.
- Mix a cup of finely sliced or grated beetroot with a cup of low fat yoghurt and season with salt and pepper.



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Beetroot

Borsht is Eastern European vegetable soup which has countless national, regional and family variations. It generally has beetroot in which gives borsht its characteristic red colour. You can eat this soup hot or cold, with or without the added bits. It freezes well and is worth making in bulk. This recipe makes 1.5 litres of soup.

1 portion = 1 medium sized beetroot or 7 slices

Recipe developed by
Robin Van Creveld,
Community Chef

Beetroot Soup – Borsht

How to prepare

4 large fresh beetroots, washed, peeled and cut into small cubes
1 cooking apple, peeled, cored and cut into pieces
1 tablespoon sunflower oil
1 litre low salt vegetable or chicken stock
1 tablespoon brown sugar
1 tablespoon cider vinegar
Salt and pepper to taste

Serve with

4 big white potatoes, peeled, cut into 2cm cubes and boiled or steamed until tender. A small pot of low fat yoghurt.

How to cook

- Heat the oil in a soup pan and gently fry the beetroot and apple for about 5 minutes.
- Add the vegetable or chicken stock, sugar and vinegar and bring to the boil.
- Reduce the heat to a fast simmer and cook until the beetroot is soft, about 15 minutes.
- Blend using a hand blender or mash with a potato masher.
- Serve hot with the cooked potatoes and a swirl of yoghurt, or cold with just the yoghurt.



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Broccoli

Young children love the idea of eating baby trees rather than “broccoli”. This is a very simple and versatile dish which can be used as a pasta sauce, a base for soup, as a side vegetable or baked or grilled to make broccoli cheese. This recipe makes 1 litre of sauce.

1 portion = 2 florets/spears

Recipe developed by
Robin Van Creveld,
Community Chef

Broccoli Trees and Cheese Sauce

How to prepare

1/2 pint milk

1 head of broccoli (broken into florets)

1 tablespoon butter or margarine

1 tablespoon plain flour

4 tablespoons grated Cheddar Cheese (the stronger the cheese you use, the less of it you need)

Salt and Pepper

How to cook

- Break the broccoli into florets (baby trees) and steam for 3 minutes.
- Melt the butter or margarine; add the flour and mix with a wooden spoon to form a “roux” (when the mixture comes away from the sides of the pan to form a ball) which is the base for any white sauce.
- Cook for a minute until the roux smells nutty or like pastry.
- Add the milk a little at a time stirring constantly until all of the milk is used and you have a smooth sauce. Don’t let it boil!
- Add the broccoli and grated cheese, and cook for a further few minutes. Season with salt and pepper and use it while it is hot.

Recipe ideas

- To make a delicious soup using this sauce make up 1 pint of vegetable stock using a stock cube or powder. Add the stock and ½ pint milk to 2 cups of cheesy broccoli sauce, and gently heat to a slow boil.
- Cook two cups of macaroni, mix with the cheese sauce and transfer to an oven proof dish. Top with bread crumbs and some more cheese and grill until golden.



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Broccoli

Broccoli consumption has increased over 940 percent over the last 25 years! Tom “Broccoli” Landers holds the current world record for eating 1 pound of broccoli in 92 seconds.

1 portion = 2 florets/spears

Recipe developed by
Robin Van Creveld,
Community Chef

Broccoli with Lemon and Chilli

How to prepare

1 head of broccoli, broken into small florets
½ tablespoon sunflower oil
Juice of ½ lemon
1 mild red chilli, deseeded and chopped or ½ teaspoon
chilli powder
Salt and pepper

How to cook

- Heat a frying pan or wok over a medium-high heat and add the oil.
- When the oil is hot, add the broccoli and stir-fry for 2 minutes, before adding a couple of tablespoons of water. This helps to steam cook the broccoli.
- When the water has evaporated add the chilli and fry for a minute longer.
- Lastly add lemon juice, turn the heat up to full and cook until the lemon has evaporated.
- The broccoli should still be firm and bright green. Season and serve.



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Courgettes

Courgettes, also known as zucchini or baby marrows, are versatile, beautifully tender vegetables with a fresh, delicate flavour. They are easy to grow and therefore very cheap when in season. They are a good source of folate, potassium, and vitamins A and C.

1 portion = ½ large courgette

Recipe developed by
Robin Van Creveld,
Community Chef

How to prepare

Smaller, younger courgettes have more flavour. Look for firm, heavy-feeling courgettes with unblemished bright and glossy skins. If you are lucky you may find them being sold with the flower still attached which is delicious raw or cooked. They are best stored in the fridge. To prepare, wash well and trim both ends before cutting, slicing, dicing or grating.

How to cook

Courgettes can be used raw or cooked.

Raw: younger and smaller courgettes are sweeter and crisper and best suited for eating raw. You can use raw slices of courgette in salad as you might use cucumber.

Cook: because courgettes are quite tender, they don't need a lot of cooking. They also take on other flavours very easily which also means they can be added to dish such as Bolognese to bulk it up. They can be steamed, roasted, sautéed or stir fried. Boiled courgettes lose a lot of flavour and texture.

Recipe ideas

- Lightly steamed courgettes are delicious on their own or served with a small amount of butter or olive oil.
- For a quick pasta salad, mix cold cooked pasta shapes such as bows or tubes with finely sliced raw courgettes, some red onion and grated cheese and a dressing of olive oil, lemon juice, salt and black pepper.
- Chop up a few courgettes into chunks, mix with a little olive oil and seasoning and roast at 180C/350F/Gas mark 4 for 25 minutes.



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Courgettes

This dish works best if cooked in a non stick pan. This means you can cook at a high temperature using very little oil and the courgettes won't stick to the pan or burn before they are cooked.

1 portion = ½ large courgette

Recipe developed by
Robin Van Creveld,
Community Chef

Pan Fried Courgettes with Lemon and Soy Sauce

How to prepare

3 large courgettes
1 tablespoon sunflower oil
2 tablespoons soy sauce
Juice of ½ lemon

How to cook

- Slice the courgettes diagonally into long strips.
- Heat a non stick frying pan over a medium-high heat and add the oil.
- Quick fry the courgettes until they brown at the edges, turn and cook on the other side.
- Add the soy sauce and lemon juice and cook for a moment more.
- Serve hot or cold.

Recipe ideas

- Slice one courgette and stir-fry with half a chopped onion and sliced mushroom, add to cooked pasta and stir through a teaspoon of pesto sauce.



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Curly Kale

Colcannon is an Irish dish using potatoes and kale or cabbage. This is a low fat version of this delicious traditional dish.

1 portion = 4 tablespoons cooked kale

Recipe developed by
Robin Van Creveld,
Community Chef

Colcannon Serves 4

How to prepare

4 large potatoes, washed and cubed
4 handfuls of curly kale, washed and shredded
1 tablespoon butter/margarine
½ cup milk
1 small onion peeled and finely chopped
Salt and black pepper to taste

How to cook

- Boil the potatoes until tender with the kale steaming in a colander or steamer on top.
- Cook the kale for about 3 minutes or until just cooked.
- Drain the potatoes and mash well, incorporating half of the butter and the milk.
- Add the kale to the potatoes and mix well.
- Melt the remaining butter in a small frying pan and fry the onion until brown.
- Stir into the mashed potato mixture. Season the mixture well and serve.

Recipe ideas

- The same mixture can be made into bubble and squeak by making small flat patties, dipped in egg and flour and baked for 20 minutes in a hot oven.
- Cook other root vegetables such as swede, parsnips, carrots or sweet potato with your potatoes and make “super mash”.



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Spinach

Spinach is available year-round, but the freshest, most tender spinach is most easily obtainable in the spring. Spinach is well known for containing high levels of iron and calcium but it also has lots of vitamin A and C.

1 portion = 1 cereal bowl of raw spinach or 4 tablespoons of cooked spinach

Recipe developed by
Robin Van Creveld,
Community Chef

How to prepare

Spinach has a high water content and so reduces to around a quarter of its size when cooked. Pick dark green, thin-stemmed leaves with no signs of wilting or yellowing. Store in a plastic bag in the fridge for up to three to four days. Wash the leaves in lots of water to remove any traces of grit, changing the water twice. Drain, or if you have one, dry in a salad spinner if the leaves are to be eaten raw. Cut out any thick stems.

How to cook

Spinach can be eaten raw or cooked. Be careful not to overcook spinach as this gives it a metallic taste. Cook until leaves just begin to darken and wilt.

Raw: smaller, younger leaves are best eaten raw.

Boil: mature spinach needs cooking to make it digestible. Spinach can be cooked in the water clinging to the leaves after it has been washed. Cook for 3-5 minutes in a large saucepan, over a medium heat.

Steam: if steaming, only cook until the leaves just wilt. Remember they will continue cooking after the heat is switched off.

Recipe ideas

- Sautéed spinach is delicious and quick. Heat a teaspoon of butter or olive oil in a pan and cook the spinach until wilted. Season with salt and pepper and serve hot.
- Try adding finely chopped spinach to an omelette and season with chilli and soy sauce.
- Make a salad of broken up bread, warm grilled bacon, baby spinach, and soft boiled eggs with a dressing of olive oil and cider vinegar.



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Spinach

Spinach is a good source of B vitamins and folic acid. Folic acid is important during pregnancy

1 portion = 1 cereal bowl of raw spinach or 4 tablespoons of cooked spinach.

Recipe developed by
Robin Van Creveld,
Community Chef

Spinach and Cheese Omelette

How to prepare

2 handfuls of fresh spinach washed, dried and shredded

3 eggs

½ teaspoon olive or sunflower oil

1 teaspoon butter

1 tablespoon grated mature cheddar cheese

Salt and ground black pepper

How to cook

- Heat a saucepan and melt the butter until it browns.
- Add the spinach and cook until it wilts. Lightly season, cover and put to one side.
- Heat a non-stick frying pan and brush with the oil.
- Place the eggs into a medium bowl, season with salt and pepper and lightly beat.
- Pour the eggs into the pan and swirl the mixture around. As the egg starts to set, draw it away from the sides of the pan and allow any loose egg to take its place.
- Repeat this until all of the egg has set.
- Spoon the spinach onto one half of the omelette and fold over to make a semi circle.
- Cover this with the cheese and place under a hot grill to melt the cheese and serve hot.



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Spring Greens

Spring greens are the first cabbages of the year. They have fresh, loose heads without the hard heart of other cabbages. The term is also used more loosely to refer to the trimmed-off leaves of other types of vegetables including turnips, swede, cauliflowers and Brussels sprouts. In all cases the leaves, being dark green, are strongly flavoured but are also particularly rich in vitamin C, folic acid and fibre.

1 portion = 4 heaped tablespoons of cooked greens

Recipe developed by
Robin Van Creveld,
Community Chef

How to prepare

Spring greens are cheap and at their peak from April to June. Use the fresh, firm leaves and reject wilted yellow bunches. Remove the end of the stalks, wash the leaves well and shred. Store in the fridge and use within a couple of days.

How to cook

Greens can be steamed, sautéed, boiled or added to soup. Regardless of how you cook them they take about 5 minutes to be tender and should not be overcooked!

Recipe ideas

- Add spring greens at the end of a stir fry.
- Use in winter soups and stews.
- Spring greens are delicious sliced, steamed and drizzled with melted butter.
- Add shredded greens to pasta for the final 5 minutes of cooking and serve with a strong tasting sauce like pesto or chilli and garlic.



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Spring Greens

Spring greens are at their peak from April to June. They contain vitamin C, E and K, iron, potassium, fibre and calcium.

1 portion = 4 heaped tablespoons of cooked greens

Recipe developed by
Robin Van Creveld,
Community Chef

Spring Greens with Garlic and Soy Sauce

How to prepare

2 small heads of spring greens
4 cloves of garlic
1 tablespoon sunflower oil
Soy sauce

How to cook

- Chop two whole greens cross-ways into strips of 1 cm or less. Chop almost down to the stump. The stems and leaf ribs are the sweetest bits.
- Heat the oil in a wok or heavy bottomed pan over a high heat. Peel and lightly crush the garlic with the back of a knife. Keeping the cloves whole will stop them burning.
- Cook in the oil for just about 20 seconds and add the greens before the garlic browns.
- Cook for about 2 minutes turning constantly. Add two or three shakes of soy sauce, cook for a further 15 seconds and serve.

You may want to add chilli, ginger or fresh coriander.



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Onion

The largest onion ever grown was 10 pounds 14 ounces! Onions are a natural prebiotic which help digestion.

1 portion = 1 medium onion

Recipe developed by
Meryl O'Shea,
Community Chef

Roasted Stuffed Onions

How to prepare

- 4 medium red onions
- 2 tablespoons breadcrumbs
- 2 tablespoons pine nuts (optional)
- 1 tablespoon mint
- 1 tablespoon oil
- 1 clove garlic

How to cook

- Preheat the oven to 190C/ 375F/Gas mark 5.
- Cut off the top of the onion and peel, keeping the root end on.
- With a sharp knife and a teaspoon cut and scoop out the middle of the onion leaving 2-3 layers intact to make a shell.
- Place in boiling salted water for 5 minutes then drain and pat dry.
- Take half of the scooped out onion and chop finely. Chop the garlic and fry with the chopped onion in a little of the oil for 2-3 minutes until softened.
- Add the breadcrumbs, mint and pine nuts and season to taste.
- Spoon the mixture into the onion shells and place in a roasting tin.
- Brush with the remaining oil and roast for 20 -30 minutes until tender.
- Serve with meat of your choice or with other vegetables.



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Bananas

During the war, bananas could not be imported into the UK and people in Britain did not see a banana for eight years.

1 portion = 1 banana

Recipe developed by
Meryl O'Shea,
Community Chef
and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

Baked Bananas Serves 6 people

How to prepare

6 ripe bananas
4 - 6 level tablespoons clear honey
1 - 2 tablespoons chopped hazelnuts
1 tablespoon fromage frais per person

How to cook

- Set the oven to 200C/400F/Gas mark 6.
- Place the bananas straight onto the oven shelf and bake for 15 minutes or until blackened all over.
- Very carefully remove the bananas from the oven – they will be very very hot.
- Leave to cool slightly, then using a sharp knife make a slit in each banana and then mash down the insides with a fork.
- Spoon some of the honey into the slit and sprinkle with the chopped nuts.
- Put a banana on each plate and serve with a little of the fromage frais on the side.
- Serve straight away.

You can, if you wish, add chocolate spread instead of honey to give a different taste.

Recipe ideas

- Banoffee dessert: Place half a sliced banana in a bowl, Add 1 tablespoon of crème fraiche, 1 roughly crumbled meringue nest and ½ teaspoon of toffee sauce. Add the other half of the sliced banana, another tablespoon of crème fraiche and ½ teaspoon of toffee sauce and serve.
- Banana smoothie: Blend 1 banana with 1 cup of semi skimmed milk, ½ a peach (tinned or fresh) and 2 tablespoons of low fat natural yoghurt. You can add honey to sweeten if you wish.



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Marrow

Marrows are one of the easiest vegetables to cultivate in temperate climates such as Britain.

1 portion = ¼ large marrow

Recipe developed by
Meryl O'Shea,
Community Chef

Crunchy Topped Marrow

How to prepare

- 1 marrow peeled and cubed
- 4 tomatoes washed and diced
- 2 cloves garlic (crushed)
- 5 rashers bacon cut into small pieces
- 1 onion peeled and finely chopped
- 1 cup grated cheese
- ½ packet crackers crushed (or cornflakes)
- 1 teaspoon mixed herbs
- 1 tablespoon oil

How to cook

- Preheat the oven to 180C/350F/Gas mark 5.
- Put the bacon, onion and garlic into a large frying pan with the oil and cook for 5 minutes then add the marrow and tomatoes. Simmer for 10 minutes until the marrow has softened.
- Meanwhile get the topping ready. Put the crackers or crisps into a bag and crush them either with a rolling pin or by pressing a saucepan on top of the bag.
- Place the crushed crackers or cornflakes into a bowl with the cheese and herbs.
- When the marrow is ready place in an oven proof dish and cover with the cheese mixture.
- Bake in the oven for 15-20 minutes until topping is nice and golden.

You can use breadcrumbs instead of crackers/cornflakes if you wish.

Recipe ideas

- Add marrow to stews, soups and casseroles to make them stretch further.



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Parsnips

Parsnips are a good source of fibre, which is good for digestion. They are also high in potassium which is a 'good mood' nutrient.

1 portion = 1 parsnip

Recipe developed by
Meryl O'Shea,
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and Coastal Kent PCT

Parsnip Soup

How to prepare

4 large parsnips washed, peeled and cubed
1 medium potato washed, peeled and cubed
½ onion peeled and diced
2 cooking apples washed, peeled, cored and cubed
1 pint vegetable stock
½ pint milk

How to cook

- Place the parsnips, potato, onion and cooking apples in a saucepan with the stock.
- Cook for 25 to 30 minutes until very soft.
- Cool for 5 minutes then put the mixture in a blender and liquidise. You can freeze the soup at this stage if you wish.
- Stir in the milk, warm through gently but do not boil.
- Season to taste.
- Serve with a wholemeal roll or crusty bread.

Recipe ideas

- You can also use parsnips in stews and casseroles or roast them.
- Add peeled, chopped parsnips to potatoes when making mash.
- Make healthy crisps by using a potato peeler to make thin slices of parsnip. Toss in 1 tablespoon of olive oil and lay in a baking tray. Roast at 160C/320F/Gas mark 3 for 25 minutes, turning after 15 minutes.



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Potatoes

In October 1995, the potato became the first vegetable to be grown in space. NASA and the University of Wisconsin, Madison, created the technology with the goal of feeding astronauts on long space voyages, and eventually, feeding future space colonies.

Potatoes are carbohydrate based so don't count towards your 5 a day.

Recipe developed by
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and Coastal Kent PCT

Potato Wedges

How to prepare

4 small baking potatoes
1 teaspoon ground paprika
2 tablespoons olive oil
Ground black pepper to season

How to cook

- Preheat the oven to 220C/425F/Gas mark 7.
- Scrub the potatoes, pat dry and cut them in half lengthways and then cut each half into 3 equal wedges.
- Mix the paprika, oil and pepper in a roasting tin.
- Add the potatoes and coat in the mixture.
- Bake for 40- 45 minutes shaking the tin occasionally.

You now have a healthy and tasty alternative to chips!

Recipe ideas

- Mash one avocado with 1 clove of crushed garlic, ½ teaspoon of chilli powder and 1 finely chopped tomato.
- Make hummus by mashing 1 tin of drained chickpeas with 1 clove of crushed garlic, a squeeze of lemon juice, 1 teaspoon of cumin and 4 teaspoons of low fat natural yoghurt.
- Cut 1 aubergine in half lengthways and bake at 180C/350F/Gas mark 4 for 30-40 minutes. When cool, scoop out middle and mash with 1 teaspoon of cumin and 1 clove of crushed garlic.



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Potatoes

During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes.

Potatoes are carbohydrate based so don't count towards your 5 a day.

Recipe developed by
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and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

Cheese and Potato Pie

How to prepare

- 5 medium potatoes washed, peeled and cubed
- 1 tablespoon light butter
- 2 tablespoons milk
- ½ cup grated cheese
- 2 washed tomatoes

How to cook

- Preheat the oven to 190C/375F/Gas mark 5.
- Put potato cubes into a saucepan with water and boil for 20 minutes until the potatoes are tender.
- Drain off the water.
- Put the milk and butter into the potatoes and mash with a potato masher or fork. Once mashed add some of the cheese saving a little for the top.
- Put the mash into an oven proof dish.
- Slice the tomatoes thinly and place on top of the mashed potato.
- Place the dish in the oven for 20 minutes or under the grill for about 5 minutes until the cheese melts.

You can serve this on its own, with baked beans or with your favourite meat/fish dish and vegetables.

Recipe ideas

Baked potato filling ideas:

- Beans and grated cheese (beans count as one of your 5 a day!)
- Tuna and sweet corn mixed with 1 teaspoon of low fat mayonnaise and 1 teaspoon of low fat yoghurt.
- Mix 1 tin of mackerel or sardines in tomato with kidney beans, chopped pepper and onion and half a teaspoon of paprika/Mexican seasoning. Top with a dollop of low fat crème fraiche.



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Carrots

The first ever carrots were white, purple and yellow. The Dutch developed orange carrots in the 1600s.

1 portion = 3 heaped tablespoons of cooked, sliced carrots or 1 medium carrot

Recipe developed by
Meryl O'Shea,
Community Chef

Carrot and Coriander Soup

How to prepare

12 carrots washed, peeled and cubed
½ onion peeled and chopped
2 teaspoons freshly chopped coriander
(or 1 teaspoon ground coriander)
1 sprinkle herbs de Provence
1 pinch basil
Sprinkle ground black pepper
1 vegetable stock cube
5 pints / 2½ litres water
2 medium potatoes washed, peeled and cubed

How to cook

- Put the prepared carrots and potatoes into a saucepan.
- Add the onion, herbs, water and the stock cube.
- Cook for 20 minutes or until tender.
- Remove from heat and blend the soup with a blender or liquidiser. If you do not have a blender/liquidiser then pass through a sieve or mash with a potato masher.
- Serve hot as a starter with nice crusty bread or as a filling soup on a cold day.
- This will serve 6 as a main meal or 10 as a starter.



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Swede

Swedes are also known as rutabaga in America.

1 portion = 3 heaped teaspoons or $\frac{1}{4}$ swede

Recipe developed by
Meryl O'Shea,
Community Chef

Potato and Swede Cakes

How to prepare

1 large swede washed, peeled and cubed
2 large potatoes washed, peeled and cubed
1 egg
Seasoning
2 tablespoons oil

How to cook

- Place the swede and potatoes into a saucepan of water and bring to the boil.
- Simmer for 20 minutes or until tender.
- Drain the vegetables and mash together adding a little seasoning and the egg.
- Take 1 tablespoon of the mixture and shape into a small ball and place on a baking tray. Continue to do this until all the mixture has been used.
- Chill in the fridge for about 15 minutes then shallow fry on each side until golden and warmed right through.
- Serve with meat/fish and vegetables of your choice.

Recipe ideas

- Mash boiled swede and carrots together to make mash. Dried thyme can be added for extra flavour.



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Cabbage

Cabbage has a bad reputation because it is often overcooked so loses its taste and nutrients. Eat raw or just lightly cook it to retain its flavour and goodness. Savoy cabbage leaves are used to sooth mastitis in breastfeeding mums.

1 portion = 3 heaped teaspoons or 1/6 of a cabbage

Recipe developed by
Meryl O'Shea,
Community Chef

Summer Coleslaw

How to prepare

- 1 small white cabbage
- 2 carrots washed, peeled and grated
- 1 onion peeled and finely sliced or grated
- 1 sweet dessert apple washed, peeled, cored and grated
- 2 tablespoons light mayonnaise

How to cook

- Cut the bottom of the cabbage off and peel off loose outer leaves.
- Cut the cabbage into quarters and then cut out the stalk.
- Finely cut the cabbage and place into a large mixing bowl.
- Add the carrots, apple and onion to the cabbage mix.
- Stir it all together and mix well.
- Add the mayonnaise and mix to coat the shredded vegetables.
- Serve this with a salad of your choice or on a jacket potato.

Recipe ideas

- For tasty cabbage soup place shredded cabbage, sliced new potatoes, green beans, sliced courgettes, chickpeas and 1 teaspoon of thyme in a pan and just cover with vegetable stock. Boil for about 12-15 minutes until vegetables are soft. Serve with cheesy baguette toast.



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Cabbage

The world record for eating cabbage is held by Charles Hardy. He ate 6 pounds 9 ounces in 9 minutes.

1 portion = 3 heaped teaspoons or 1/6 of a cabbage

Recipe developed by
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Cabbage Surprise

How to prepare

- 1 small green cabbage
- 6 rashers bacon diced
- 1 onion peeled and finely sliced
- Pinch of grated nutmeg
- 2 tablespoons light margarine

How to cook

- Wash the cabbage, cut into quarters, remove the stalks and finely cut.
- Put the margarine into a large saucepan and heat.
- Add the cabbage, bacon, onion and nutmeg.
- Cover the pan and cook very gently for 20-30 minutes (or until cabbage is just tender). Shake the pan often during cooking.
- Serve with your meal.

Recipe ideas

- Stir-fry shredded cabbage, pepper, mushrooms, baby sweet corn or any combination of stir-fry vegetables for 8 minutes. Mix 1 teaspoon of peanut butter, coconut cream and sweet chilli sauce with 2 tablespoons of hot water. This serves one, so double up for 2 people, triple for three people etc. Add the sauce to the vegetables, heat through and serve with noodles or rice.







Carrots

Orange carrots really can help you to see in the dark!

1 portion = 3 heaped tablespoons of cooked, sliced carrots or 1 medium carrot

Recipe developed by
Meryl O'Shea,
Community Chef

Parsley Carrots

How to prepare

6 carrots washed and peeled
1 tablespoon corn flour
1 tablespoon light margarine
½ pint milk
2 level tablespoons chopped parsley

How to cook

- Keeping the carrots whole place them in a saucepan of boiling water and cook for 15 minutes (or until tender).
- Meanwhile put the flour and a little of the milk in a small saucepan to form a paste.
- Heat the mix stirring all the time and add the rest of milk gradually to make a smooth paste.
- Add the parsley at the end, remove from heat and set aside.
- Drain off the carrots and place in a warm serving dish.
- Cover with the sauce and serve.

Recipe ideas

- Add grated carrot and some sultanas to hummus for a tasty sandwich filling.
- For chunky chips, roast carrot chunks in 1 tablespoon of olive oil.
- Grate 2 carrots and 1 beetroot and stir in 1 tablespoon of low fat mayonnaise and 1 table spoon of low fat yoghurt for a lovely pink coleslaw.







Parsnips

Rather than destroy the plant a parsnip improves with a frost as this turns a lot of the starch into sugar.

1 portion = 1 parsnip

Recipe developed by
Meryl O'Shea,
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and Lucy Beasley,
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and Coastal Kent PCT

Baked Parsnips

How to prepare

4 medium parsnips washed, peeled, topped and tailed and halved
2 tablespoons light margarine
¼ pint water
1 tablespoon chopped parsley to garnish (optional)

How to cook

- Place the parsnips in an oven proof dish and coat with the margarine.
- Pour the water into the dish and cover with a lid or with foil.
- Bake in the centre of the oven at 190C/375F/Gas mark 5 for 45 minutes (or until tender).
- When cooked uncover and, if you have some, sprinkle with the parsley and serve.

Recipe ideas

- Add 1 tablespoon of honey to parsnips before roasting for delicious sticky roast parsnips.
- Peel and chop 4 parsnips and steam/boil with 1 peeled and cored Bramley apple. Mash with 1 teaspoon of olive oil and 1 teaspoon of thyme. Delicious served with sausages!
- Boil 4 chopped parsnips and 1 chopped celeriac for 10 minutes. Place in baking dish and cover with ½ pint of cheese sauce. Top with breadcrumbs and bake at 180C/350F/Gas mark 4 for 25 minutes.



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Cabbage

The Celts are believed to have introduced the cabbage to Northern Europe in 700AD. There are lots of varieties of cabbage and they come in green, red or white.

1 portion = 3 heaped teaspoons or 1/6 of a cabbage

Recipe developed by
Meryl O'Shea,
Community Chef
and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

Remove any loose outer layers of leaves. Slice cabbage into quarters through the root using a large knife. Remove the hard root from each quarter by slicing diagonally along the root. Wash thoroughly and then shred finely or chop coarsely.

How to cook

Cabbage can be steamed, boiled, stir fried or added to soup. It is also delicious and crunchy when eaten raw.

Recipe ideas

- Cook shredded cabbage in a little vegetable stock and stir in caraway seeds before serving.
- Fry 2 rashers of chopped bacon with ½ chopped onion and 1 clove of chopped garlic. Add ½ a shredded cabbage and stir-fry for 8-10 minutes.



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Carrots

Wild carrots are known to have been in Europe in the Bronze Age and were grown in Kent and Surry in the reign of Elizabeth 1st.

1 portion = 3 heaped tablespoons of cooked, sliced carrots or 1 medium carrot

Recipe developed by
Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

'New' carrots (often smaller and bought with their tops still on) don't need to be peeled – just cut the tops off and scrub in water. 'Old' carrots often need to be peeled before cooking. Cut off the top and bottom and peel using a vegetable peeler. The carrots can then be sliced, cut into strips, grated or cooked whole.

How to cook

Carrots are a very versatile vegetable. Carrots can be eaten raw or steamed, boiled, roasted or stir-fried. Steam or boil carrots for about 12 minutes or roast for about 30 minutes. They can be used in soups, casseroles or stews. Raw carrots can be grated into salads or sliced into Julienne sticks for dipping in your favourite dip.

Recipe ideas

- **Carrot cakes:** mix together 200g of brown sugar, 125ml of sunflower oil, 2 teaspoons of cinnamon and 2 eggs. Add 100g of white self raising flour and 75g of wholemeal self-raising flour, 2 grated carrots and 1 cup of sultanas and fold in. Pour into 12 muffin cases and bake at 190C/375F/Gas mark 5 for 20-25 minutes.
- **Carrot and courgette ribbons:** Slice carrots and courgettes using a vegetable peeler and stir-fry in 1 teaspoon of olive oil and sesame seeds for 5 minutes.
- **Stir-fry:** stir-fry grated carrot and shredded cabbage with 1 teaspoon of black mustard seeds. Add a squeeze of lemon before serving.



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Swede

Swedes contain high levels of vitamin A and are a good source of fibre.

1 portion = 3 heaped tablespoons or $\frac{1}{4}$ of a swede

Recipe developed by
Meryl O'Shea,
Community Chef
and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

Slice off the root and top and then peel using a knife as swede has a very thick skin. Chop into chunks. The swede is now ready to be cooked.

How to cook

Swede can be steamed, boiled or roasted and served either as a vegetable to accompany your meal mashed with a little butter and pepper or used chunky in soups and stews.

Recipe ideas

- Fry 1 chopped onion and 1 clove of crushed garlic in 1 teaspoon of olive oil. Add chopped swede, parsnip, carrot and turnip, 1 tablespoon of tomato puree, 1 tin of chopped tomatoes and $\frac{1}{4}$ of a mug of vegetable stock. Cook for 20 minutes or until the vegetable is soft. Place in an oven dish and top with wholemeal breadcrumbs, grated cheese and dried thyme. Grill until golden.



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Bananas

Bananas grow in trees in bunches called hands and are native to tropical regions around the world.

1 portion = 1 banana

Recipe developed by
Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

Bananas can be peeled and eaten as a snack or made into porridge, a smoothie or dessert. They can also be frozen and eaten as a healthy alternative to ice-cream.

How to cook

Bananas can be cooked to make porridge. In a large bowl place 2 cups of porridge oats, 4 cups of milk, 1 banana, 4 chopped dates and $\frac{1}{2}$ teaspoon of cinnamon. Mash up and microwave for 4-5 minutes or until it boils and thickens. Stir half way through. Alternatively cook in a saucepan on the hob.

Recipe ideas

- Bananas make a great quick and easy baby food. Just peel, mash and serve.
- Make yoghurt pot banana cake using the yoghurt pot to measure the ingredients. Put low fat toffee yoghurt into a mixing bowl, add 1 pot of sugar, $\frac{3}{4}$ of a pot of sunflower oil, 1 egg, 3 pots of self-raising flour and 1 small mashed banana. Pour the mixture into a loaf tin and bake at 180C/350F/Gas mark 4 for 30-40 minutes or until golden on top.



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Potato

The potato is rich in vitamin C and potassium, and is an excellent source of dietary fibre and starchy carbohydrate which our bodies need for energy and a healthy digestive system.

Potatoes are a carbohydrate food, so do not count towards your 5 a day.

Recipe developed
by Mike Spackman,
Community Chef

How to prepare

To clean potatoes, soak briefly in cool water to loosen the dirt. Scrub gently under running water with a vegetable brush or sponge; trim away any eyes or blemishes. Peel if necessary but the skin is very high in fibre so try to use unpeeled where possible.

How to cook

Baked: prick all over with fork and bake in oven (200C/400f/Gas mark 6) for 1 hour or microwave on high for 4-7 minutes.

Boiled/steamed: leave skins on new potatoes but peel old potatoes. Chop up and boil or steam for 15-20 minutes.

Mashed: peel potatoes and boil or steam as above. Add 2 tablespoons milk and mash with fork or potato masher until smooth.

Roast: peel potatoes and chop in half. Boil or steam for 8-10 minutes then transfer to roasting dish. Toss in meat fat from roast meat or a little oil. Roast for 30 minutes until golden.



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Cauliflower

Never cook cauliflower in an aluminium or iron pot. The chemical compounds in cauliflower will react with the aluminium and turn the vegetable yellow. While in an iron pot, it will turn a brown or blue-green colour.

1 portion = 2 florets/spears

Recipe developed
by Mike Spackman,
Community Chef

Cauliflower, Potato and Turnip Mash

How to prepare

2 - 3 cauliflower florets washed and cubed
2 medium-sized potatoes washed, peeled and cubed
1 medium-sized turnip washed, peeled and cubed

How to cook

- Put about an inch of water in a saucepan and bring to the boil.
- When the water boils, add the potatoes and turnip and cook for 10 minutes.
- Add the cauliflower and cook for another 10 minutes.
- When soft, remove from heat and leave to cool.
- Mash the vegetables with a fork or potato masher.
- Divide the mash into individual portions and freeze the spare portions. Make sure the containers you use are suitable for freezing.
- Serve the mash with your meal.



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Cauliflower

Cauliflower is rich in vitamin C, B6 and folic acid. There is a type of cauliflower called Romanesco which is green.

1 portion = 2 florets/spears

Recipe developed
by Mike Spackman,
Community Chef

Cauliflower Cheese and Pasta

How to prepare

4 large handfuls of pasta
1 medium-sized cauliflower washed and chopped into small pieces
½ pint of milk
1 level tablespoon of plain flour
1 level tablespoon of butter
Grated cheddar cheese

How to cook

- Put the cauliflower and pasta into a saucepan.
- Boil for 15 minutes.
- Drain and leave to cool.
- To make the cheese sauce place butter, flour and milk in a pan and cook over a medium heat whisking continuously with a whisk or fork. Once sauce thickens and boils stir in cheese to taste.
- Pour the sauce over the pasta and cauliflower.
- Serve.



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Leeks

Although giant leeks do not make for great eating, Britain holds a yearly competition and awards a prize to the largest leek, which can range from 4 to 5 inches in diameter.

1 portion = 1 small leek

Recipe developed
by Mike Spackman,
Community Chef

Leek and Potato Soup

How to prepare

3 large leeks washed and cut into bite size pieces
5 medium potatoes peeled and cut into bite size pieces
1 stock cube

How to cook

- Crumble the stock cube into 1.5 litres of boiling water and stir until the stock cube is completely dissolved - this makes stock.
- Put the leeks and potatoes into a large saucepan, pour in the stock and heat until it starts to boil.
- Once it starts boiling, turn down the heat and simmer for 30 minutes.
- Add pepper.
- Mash the mixture with a potato masher or fork.
- Serve with crusty bread or a roll.

Recipe ideas

- Add leeks to mashed potato as a topping for fish pie.







Oranges

Oranges are one of the best sources of vitamin C - which helps to boost your immune system. They are also very good for your eyes and bones, and contain folic acid, which is very important if you're pregnant.

1 portion = 1 orange

Recipe developed by Mike Spackman, Community Chef and Lucy Beasley, Nutritionist, Eastern and Coastal Kent PCT

How to prepare

You can eat oranges segment by segment after removing the skin or cut them into quarters or slices. The skin can be grated and used in baking or to flavour recipes.

Recipe ideas

- **Freshly squeezed orange juice:** take 3 large juicy oranges and cut in half. Squeeze each half using an orange squeezer if you have one or squeezing in your hand. For younger children mix the juice with ten parts water to one part juice. For older children/adults use one part water to one part juice. Pour into a glass and enjoy.
- **Orange and fennel salad:** peel 2 oranges, cut in half and then slice thinly. Add 1 grated carrot and ½ a shredded fennel bulb. Dress with the juice of an orange, 2 tablespoons of honey and 2 tablespoons of olive oil.
- **Orange and pineapple salsa:** finely chop 2 peeled oranges, 4 tinned pineapple rings, 4 spring onions and 1 tablespoon of mint. Mix together with ¼ of a teaspoon of ground ginger and a pinch of chilli powder.



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Oranges

It takes 2-4 oranges to yield one cup of orange juice. Orange leaves can be boiled to make tea and orange peel can be used as a slug repellent.

1 portion = 1 orange

Recipe developed by
Mike Spackman,
Community Chef

Ricotta Pancakes with Oranges

How to prepare

2 oranges
200g plain flour
1 teaspoon baking powder
1 egg beaten
200ml semi-skimmed milk
220g tub ricotta
1 tablespoon sunflower oil or vegetable oil

How to cook

- Cut the skin and pith away from the oranges, and then slice into rounds.
- Put the flour, baking powder and a pinch of salt into a large bowl. Make a well in the middle and then pour in the egg and a splash of milk.
- Using a wooden spoon gradually draw the flour into the liquid until you have a lump-free batter.
- Mix in the rest of the milk, then beat in the ricotta.
- Heat a large non-stick frying pan and add the oil. Swirl it around the pan then tip out any excess into a heatproof bowl.
- Spoon in 3 or 4 generous tablespoons of batter, spaced well apart, to make pancakes about 10 cm across.
- Cook on medium heat for 2 minutes until bubbles appear on the surface. Flip over with a palette knife and cook for 2 more minutes until golden.
- Set aside and keep warm while cooking the rest.
- Stack the pancakes, pile the orange slices on top and drizzle with honey.



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Lettuce

Iceberg lettuce was called Crisphead until the 1920s. To keep the lettuce cool during shipping huge quantities of ice were mounded on top of it, giving it the appearance of an iceberg.

1 portion = 1 cereal bowl

Recipe developed by
Mike Spackman,
Community Chef
and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

Having removed a small amount of the root, break off individual leaves. Swish them through a large bowl or sink filled with cool water. After you swish the lettuce leaves, they will rise to the surface, or float; any dirt/grit will fall to the bottom of the bowl or sink. Once this is washed away, lift leaves from water and transfer to a salad spinner (or a clean, dry T towel) and spin until dry. Tear the lettuce into bite-size pieces. If you aren't going to use immediately wrap them in a clean kitchen towel or paper towels, transfer to a plastic/brown paper bag and refrigerate. If the paper bag becomes damp, simply dry it out or replace it. Lettuce will keep much longer!

How to cook

As well as eating raw salad greens, lettuce, radicchio, and endive can be sautéed to make an unusual but tasty side dish. Sauté lettuces just as you would spinach. Cook them quickly in a little olive oil, minced garlic, and a small amount of salt.

British lettuce is an ideal ingredient in many delicious, healthy recipes. Not only can its crisp leaves be used in a vast range of salads and sandwiches, lettuce is also versatile enough to provide extra texture, flavour, colour and nutrients to many cooked dishes.

Recipe ideas

- Jazz up your basic iceberg lettuce salad by adding other flavours i.e. watercress, rocket, grated carrot, grated beetroot, sweet corn, chickpeas, cherry tomatoes, cucumber, radishes, avocado, spring onion etc. Try any combination of your favourites. Then add some chopped ham, chorizo, egg, cheese or smoked fish to make a filling, nutritious meal.
- Add extra crunch to salad with homemade croutons. Cut granary bread into chunky cubes. Toss in 1 tablespoon of olive oil and bake at 180C/350F/Gas mark 4 for 10-15 minutes or until golden and crispy.







Lettuce

Lettuce is a vegetable that is pretty much immune to any form of preservation. You can't freeze it, can it, dry it or pickle it.

1 portion = 1 cereal bowl

Recipe developed by
Mike Spackman,
Community Chef

Lettuce and Tarragon Soup Serves 4

How to prepare

Half a British Iceberg lettuce, finely shredded
1 medium onion, finely chopped
2 level tablespoons of butter or margarine
1 clove garlic, crushed
1 level tablespoon of plain flour
2 large mugs of chicken stock
½ a mug of skimmed milk
1 tablespoon chopped fresh tarragon
Salt and freshly ground pepper
A small pot of low fat natural yoghurt
A few tarragon leaves to garnish

How to cook

- Fry the onion gently in the butter or margarine for 3-4 minutes.
- Add the garlic and flour and stir over the heat for 1 minute.
- Gradually stir in the stock and milk and bring to the boil.
- Add most of the lettuce and the tarragon, and season to taste.
- Simmer for 20 minutes.
- Blend the soup in a liquidiser until smooth.
- Return to a clean pan and heat; add the yoghurt and remaining lettuce and continue to heat through while stirring.
- Garnish with tarragon leaves and serve piping hot.







Eating Apples

Apples are one of the most popular fruits in the UK. They make a good 'on the go' snack as they don't bruise as easily as some other fruits.

1 portion = 1 apple

Recipe developed
by Mike Spackman,
Community Chef

How to prepare

Easy healthy apple recipes cover more than just desserts. Apples are lovely in salads, adding crispness, colour and a touch of sweetness. Apple flesh browns quickly when exposed to the air, so either add apples at the last minute, or toss them in lemon juice before adding to the salad. Wash the apples before use and then remove the core. Apples are then ready to be chopped, sliced or grated.

How to cook

- Add 2 red eating apples to a salad of dark red lollo and raddichio leaves and sliced beetroot. Dress with a walnut oil dressing.
- Pair apples with crunchy salad ingredients. Try celery, chicory, red cabbage, carrot.
- Add apple to cold rice salads, or stir some cubed apple through a salad made with couscous or bulgar wheat.
- Unpeeled apple segments are a good addition to a plate of vegetable sticks, served before a meal, or as an accompaniment to a simple pasta or pizza.



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Eating Apples

Apple bobbing was used to predict which child would marry first. The first to get hold of the apple would be the first to walk down the aisle.

1 portion = 1 apple

Recipe developed
by Mike Spackman,
Community Chef

Apple Pancakes Serves 4

How to prepare

2 medium sized, sweet eating apples washed and cored
1 cup plain flour
3 eggs
1 cup skimmed or semi-skimmed milk
Salt
Oil

How to cook

- Blend together the plain flour, eggs, milk and a pinch of salt until you have a creamy batter. Leave to stand for a few minutes.
- Slice the apples into very thin rings.
- Wipe a little oil around a non-stick frying pan and heat until a tiny drop of batter sets immediately.
- Pour in a thin layer of batter, swirling it around. As it starts to set, drop on a few apple slices, then pour over more batter to cover.
- Flip the pancake over, and cook until the other side is set. Serve immediately.
- If you're careful, you can squeeze 8 pancakes out of this quantity, although inevitably the last ones will be smaller than the first.

Really speedy, really delicious!

Tip: peel the apples if you prefer, but health-wise you're better off leaving the skins on.



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Radishes

The root of a member of the mustard family, radishes have a peppery flavour and a crisp, crunchy texture. Among the most popular varieties are the small, cherry-sized common variety which has a red skin and white flesh (the French Breakfast radish is a variation on this type, and has an elongated shape with a deep pink skin that fades to white at the roots).

1 portion = 10 radishes

Recipe developed by
Mike Spackman,
Community Chef
and Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

How to prepare

Storage: store in a perforated bag in the fridge for around 3-4 days. Always trim the leaves off before storing, as they'll draw moisture from the radish itself. You can keep the radish greens in the fridge, wrapped in moist kitchen paper then stowed in a perforated bag, for a couple of days.

To increase the crispness of radish, soak them in iced water for a couple of hours. Wash, chop off the greens if present, then slice off the root. Leave whole, slice or chop, as required. Always prepare radishes just before using, as they lose their potency when cut.

Recipe ideas

- Combine 12 sliced radishes with ½ a cup of broad beans, ½ a cup of butter beans and 2 chopped tomatoes. Dress with 1 tablespoon of olive oil, ½ tablespoon of white wine vinegar, squeeze of lemon and 1 teaspoon of honey.
- Add finely sliced radish to your sandwich for some extra crunch.







Radishes

Radishes come in many colours including red, pink, white, and black, and some varieties grow to 100 pounds or more in weight.

1 portion = 10 radishes

Recipe developed
by Mike Spackman,
Community Chef

New Potato and Radish Salad

How to prepare

20 new or Jersey Royal potatoes washed and halved
1 tablespoon horseradish sauce
1 tablespoon crème fraîche
12 radishes thinly sliced
3 tablespoons snipped chives or finely chopped spring onions

How to cook

- Drop the potatoes into a pan of salted boiling water then boil for about 10 minutes until tender.
- Drain and allow to cool slightly.
- Mix the horseradish sauce with the crème fraîche then add this to the warm potatoes along with the radishes and chives or spring onions.
- Season, then mix well to coat.

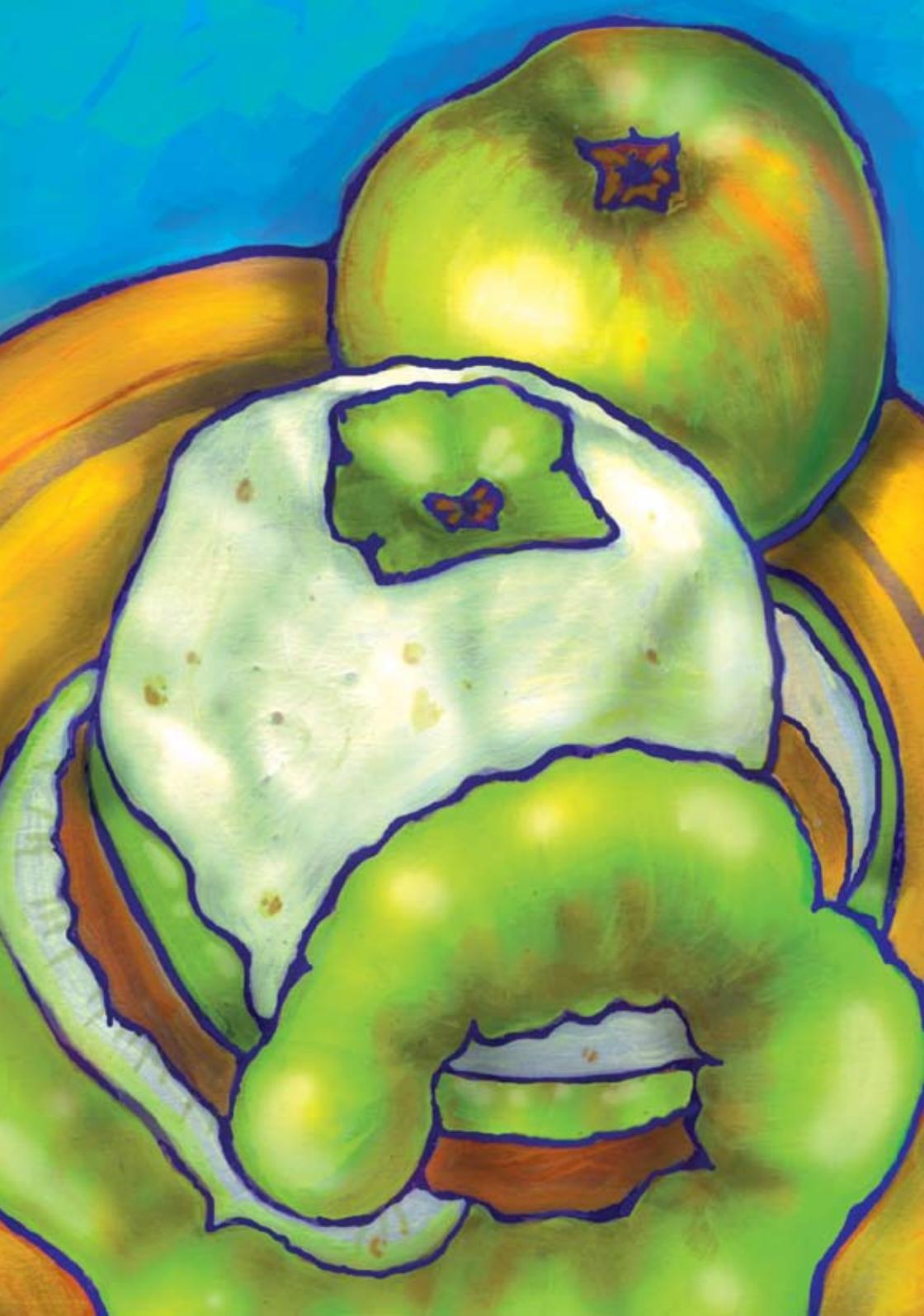
Recipe ideas

- Slice 12 radishes and half a pack of mange tout. Add 1 grated carrot and mix into cooked couscous.
- Slice 1 handful of radishes, ½ a cucumber and add to cooked egg noodles. Dress with 1 tablespoon of sesame oil, 1 tablespoon of balsamic vinegar, 1 tablespoon of soy sauce and 1 tablespoon of chopped fresh coriander.



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Bramley Cooking Apples

Bramley apples cannot be eaten raw but can be used to make delicious healthy puddings and cakes and added to savoury dishes for a sweet hint of flavour.

1 portion = 1 small Bramley apple

Recipe developed by
Lucy Beasley,
Nutritionist, Eastern
and Coastal Kent PCT

Apple Strudel

How to prepare

2 Bramley apples peeled, cored and chopped
1 handful of sultanas
½ teaspoon of cinnamon
4 sheets of filo pastry
1 tablespoon of melted butter

How to cook

- Place the apples, sultanas and cinnamon in a pan and cook for 10-15 minutes or until the apple breaks down.
- Lay out the filo pastry sheets and brush with the melted butter.
- Fold each sheet in half and then place some apple filling in the centre of each sheet.
- Fold the pastry over the apple filling to form a parcel.
- Place the parcels on a baking sheet, brush with some melted butter and bake at 190C/275F/Gas mark 5 for 15 minutes or until golden.
- Serve with low fat yoghurt or crème fraiche.

Recipe ideas

- **Braised cabbage with apple:** fry 2 red onions in 1 tablespoon of olive oil. Add 1 shredded red cabbage, 2 chopped apples, 1 cup of sultanas, 2 tablespoons of brown sugar, 3 tablespoons of red wine vinegar and a large mug of apple juice. Cover and simmer for 40 minutes stirring occasionally.
- **Apple sauce:** cook peeled, cored and chopped apples in the microwave for 2-4 minutes to make a quick apple sauce to serve with roast pork or sausages.



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