

Lunchbox pasta salad



Ingredients

400g pasta

4-5 tbsp fresh pesto

1 tbsp mayonnaise

2 tbsp Greek yogurt

½ lemon, juiced

200g mixed cooked veg such as peas, green beans, courgette (chop the beans and courgette into pea-sized pieces)

100g cherry tomatoes, quartered

200g cooked chicken, ham, prawns, hard-boiled egg or cheese

Method

1. Cook the pasta in boiling water until it is al dente, so about 11 mins, but refer to the pack instructions. Drain and tip into a bowl. Stir in the pesto and leave to cool.

2. When the pasta is cool, stir through the mayo, yogurt, lemon juice and veg. Spoon into lunchboxes or on to pasta plates and put the cooked chicken or protein of your choice on top. Chill until ready to eat if intended for a packed lunch.

Super-salad wraps



Method

1. Lay the tortilla out flat on a board, spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and/or avocado in a bank on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese.
2. Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in wax paper first.

Ingredients

1 tortilla

2 tbsp hummus

1 lettuce leaf

¼ carrot, shredded or grated

4 cucumber sticks and/or 2 avocado slices

1 tbsp fresh tomato salsa or chopped tomatoes

handful grated cheddar

Chicken taco salad



Ingredients

- ¼ tsp olive oil
- 2 tbsp low-fat soured cream
- 1 tsp white wine vinegar
- 1 Baby Gem lettuce, shredded
- 50g sweetcorn, drained
- 5 cherry tomatoes, halved
- 75g cooked BBQ chicken
- juice 1 lime
- ½ small avocado, peeled and chopped
- 1 corn taco shell, broken into pieces

Method

1. Make the dressing by combining the oil, soured cream and vinegar. Keep in the fridge.
2. Put the lettuce, sweetcorn, tomatoes and chicken in a lunchbox. Stir the lime juice into the avocado and put on top. Pack the dressing on the side.
3. Scatter the taco over the salad to serve.

BLT pasta salad



Method

1. The night before school, cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt. Spoon into an airtight container and keep overnight in the fridge.

Ingredients

25g pasta bows

2 cooked crispy bacon rashers,
broken into pieces

15g spinach, chopped

6 cherry tomatoes, halved

½ tbsp crème fraîche

¼ tsp wholegrain mustard

Chicken pesto wrap



Method

1. Mix together the shredded chicken, soured cream, yogurt or mayonnaise with the pesto. Season.
2. Lay a slice of cheese on each wrap, then divide the chicken mixture between them. Sprinkle with red pepper or sweetcorn, then top with the lettuce leaves. Be careful not to overfill or it will be tricky to contain all the filling. Wrap and roll each one, then pack in a lunchbox or tightly wrap in foil.

1 cooked chicken breast, shredded

2 tbsp soured cream, plain yogurt or mayo

2 tsp pesto

2 thin slices mild cheese, such as Edam

2 flour tortillas

handful chopped red pepper or sweetcorn kernels

lettuce leaves

Lunchbox mains



Method

- 1. Chicken guacamole wrap** Take 1 tortilla wrap and spread 2 tbsp shop-bought guacamole down the middle. Lay $\frac{1}{2}$ shredded chicken breast and $\frac{1}{2}$ sliced red pepper on top. Sprinkle with 30g grated cheddar and roll up tightly. Wrap in baking parchment and tie with string, or roll tightly in cling film (serves 1).
- 2. Very easy pasta salad** Cook 85g pasta shapes, adding 3 tbsp each frozen peas and frozen sweetcorn for the final min. Drain; rinse in cold water. Mix 1 tbsp each natural yogurt and shop-bought balsamic dressing, with 1 tsp mayo. Pour onto the pasta, then stir in 1 tbsp chopped basil and 3 halved cherry tomatoes (serves 1).
- 3. Mini ham rolls** Mix 1 tbsp mayo with 1 tsp each wholegrain mustard and honey. Split 2 small wholemeal rolls in half and spread each side with the mayo mix. Stuff each roll with 2-3 slices cucumber, 1 Baby Gem leaf and 1 slice ham (serves 1).
- 4. Ploughman's lunchbox** Cut a chunk of cheddar and 1 apple into wedges (squeeze over some lemon juice to stop them going brown). Place 2 Baby Gem leaves in a container, then spoon 2 tbsp chutney

Sesame chicken noodles



Ingredients

- 1 tbsp tahini
- 1 lime, juiced
- 2 tsp soy sauce
- 2 roasted garlic cloves
- 1 tsp sesame oil
- ½ tsp chilli flakes, plus extra to serve
- 200g cooked rice noodles
- 200g leftover roast chicken (see our recipes)
- 1 roasted aubergine
- 1 carrot, grated
- ½ cucumber, seeds removed and cut into half moons
- ½ small pack mint, roughly chopped

Method

1. Whisk together the tahini, lime juice, soy sauce, flesh from the roasted garlic, sesame oil and chilli flakes in a large bowl, adding enough water to make a creamy dressing.
2. Add the noodles, leftover roast chicken, aubergine and carrot and toss everything to combine, then gently fold through the cucumber and mint. Divide between two containers, then sprinkle over a few extra chilli flakes to serve.

Healthy snack ideas

Rather than reaching for treat food when your kids are hungry, here's a list of healthy snack ideas to give them – at home or on the go.

For a light snack

- Piece of fruit
- Vegetable sticks
- Small pot of yoghurt
- Glass of milk
- 2-3 crackers / 1-2 oatcakes / 2 rice cakes
- Handful of nuts and seeds
- 2-3 Breadsticks

For the times when they are genuinely hungry

- One slice of wholemeal toast with some mashed / chopped banana
- Cheese, meat or fish sandwich using one slice of bread. You could add some sliced tomato and make a toasty sandwich
- Cheese with two or three crackers or breadsticks. You can add a few grapes or apple slices
- Small bowl of breakfast cereal and milk
- Small bowl of homemade soup
- Half a bagel with lightly spread peanut butter
- Mini wrap with cheese, meat or fish filling. Add some veg and make a toasty sandwich
- Mini wholemeal scone and low-fat spread
- Small slice of malt bread / teabrack
- One crumpet
- One bought pancake

Avocado salad sandwich

Suitable for vegetarians

This fresh sandwich is easy to prepare and the combination of the wholegrain bread and fresh vegetables gives it a real crunch

Ingredients - Serves 1 Adult

- 2 slices of wholegrain bread
- 1 teaspoon of wholegrain mustard
- 2 leaves of lettuce
- 4 slices of cucumber
- 2 slices of ripe tomato
- ¼ of a ripe avocado, sliced into strips
- 55g / 2 oz. of grated carrot

Method

1. Spread the mustard onto each side of the bread
2. Place the lettuce leaves and tomato slices and any other optional ingredients on one side of the bread
3. Top the whole thing with the remaining slice of bread
4. Wrap up in cling film and store in your lunchbox

Cheese and ham bagel

Quick and Easy

Nothing beats a classic combination like ham and cheese so why not give this ham and cheese bagel with a bit of a twist a go!

Ingredients - Serves 1 Adult

- ½ a wholemeal bagel
- 30g / 1oz. of low-fat cheese, grated
- 1 slice of ham
- 2 slices of tomato
- 4 slices of cucumber
- 2 lettuce leaves

Method

1. Simply toast the bagel half and top with the ham, cheese and salad vegetables.

Grilled chicken and salad

Nutritious and delicious!

Quick and easy lunchbox filler, suitable for the whole family.

Ingredients - Serves 1 Adult

- 2 slices of wholegrain bread
- 1 medium chicken breast fillet
- 1 handful of salad leaves
- 1 teaspoon of tomato relish

Method

1. Use a clean rolling pin to flatten the chicken, it will tenderise and cook faster
2. Grill the chicken or cook it in a non-stick pan until cooked thoroughly, and all juices run clear
3. Place the salad leaves on the bread and spread the tomato relish on the other slice
4. When the chicken has cooled, place it in the sandwich
5. Wrap the sandwich in greaseproof paper until it is ready to eat

Homemade guacamole

Suitable for vegetarians

Quick and easy to make, this tasty guacamole takes just 10 minutes to prepare.

Ingredients - Serves 1 Adult

- ¼ avocado, diced
- 1 scallion, finely chopped
- ½ tablespoon of fresh coriander, chopped
- 6 cherry tomatoes, quartered
- 1 pinch of cumin seeds
- 1 pinch of crushed chilli
- ½ clove of garlic, peeled and crushed
- ½ lime, juiced
- 3 rye crispbreads

Method

1. Combine all of the ingredients in a bowl and mix gently.
2. Spread on the crispbread and enjoy.

Serving Suggestions

Serve with an extra squeeze of lime juice.

Hummus and salad wrap

Suitable for vegetarians

With something sweet for after...

Ingredients - Serves 1 Adult

For the wrap:

- 1 wholegrain wrap (about 64g / 2 oz.)
- 1 heaped tablespoon of reduced fat hummous
- 1 salad serving of rocket leaves (15g / 1/2 oz.)
- 1 small carrot, grated
- 1 small tomato, sliced
- 1 scallion, sliced
- 2 tablespoon soft low-fat cheddar cheese, grated
- 1 tablespoon sweetcorn

Something sweet for after:

- 1 pot of low fat yogurt (125g / 4 ½ oz.)
- Mixed berries (140g / 5 oz.)

Method

1. Spread the hummous onto your wrap and top with the fresh salad ingredients and grated cheese for a simple, tasty lunch that's ready in minutes.
2. For a healthy satisfying dessert, pour your yogurt over fresh mixed berries and enjoy!

Hummus

Hummus originates in the Middle East

Made with chickpeas which are a great source of protein and also are a source of iron and fibre. This recipe is really easy to make yourself and can be stored in the fridge.

Ingredients - Serves 3 Adults

- 200g / 7 oz. tinned chickpeas or dried chickpeas that have been soaked and cooked
- 2 teaspoons of lemon juice
- 1 clove of garlic
- 100ml / 3½ fl oz. of water
- 50ml / 2 fl oz. of tahini
- Salt and pepper to taste

Method

1. Put the chickpeas, lemon juice, tahini, garlic, salt and pepper in a blender and blend
2. Add a little of the water to make a stiff paste
3. The amount of water you need will vary so add a little at a time
4. You can add a little more salt and pepper or lemon juice to taste
5. You can also add some olive oil for extra richness, but extra oil means extra calories!