

Fun and easy recipes for children and adults to cook together

Cook with us!



Price £2.00



Introduction

We are the Lemington Meringues who got together to help each other and our community with the problems of feeding children a healthier balanced diet.

We decided to form this group and put together a bright and vibrant cook book filled with easy and affordable recipes so that parents and children can enjoy time together cooking in the kitchen.

The recipes in our book are quick and easy and have been tried and tested, not just by us parents but our children too.

Now let's cook with us!

Friday Fit Girls

A group of women from the Cruddas Park area meet regularly to do physical activity with Debbie Smith (Physical Activities Coordinator).

One of their concerns was the amount of fats and sugars their children ate at birthday parties. They worked hard to plan and prepare healthier food that was great for a children's party.

A brilliant time was had by all and the food just disappeared.



Menu

Jacket chips – Washed potatoes cut into wedges baked with their skins on for extra fibre, using a small amount of oil.

Wholemeal French sticks – cut into slices with various healthier toppings on, then baked in the oven. Toppings: tomatoes, sweetcorn, cheese, mushrooms, tuna, thin slices of ham, baked beans, pineapple.

Salad – large bowl of sweet assorted salad leaves with cherry tomatoes, slices of cucumber, sticks of carrot and celery.

Dip – tomato dip and soft cream cheese.



Fruity sticks – small cocktail sticks with different colourful slices of fruit on, strawberries, black and green grapes, kiwi, melon, pineapple.

Sugar-free jellies – with tinned fruit cocktail in their own juice with a small portion of ice cream on top.

Birthday cake – a moist carrot cake with extra dried apricots and sultanas with a healthier topping of light cream cheese decorated with strawberries and kiwi slices.

Drinks – Water and milk to drink.

Dips

Garlic and herb

- 200g cream cheese
- 200g fromage frais
- 2 cloves of garlic crushed
- 3 tablespoons fresh mint chopped
- 3 tablespoons of fresh parsley

Method

Simply combine all the ingredients and spoon into a serving dish.

Tomato Salsa

- 400g can of chopped tomatoes
- 1 red chilli (remove the seeds)
- 1 clove garlic crushed
- 3 tablespoons of fresh coriander chopped

Method

Place all the ingredients into a food processor or blender and blend for 30 seconds. Spoon into a serving dish.

Houmous

- 1 400g tin chick peas drained and rinsed
- 1 clove garlic
- Grated rind and juice of 1 lemon
- 200g carton virtually fat free fromage frais
- pinch of paprika

Method

Place all ingredients in a food processor or a blender and mix until smooth.

Moist Carrot Cake

Preparation and cooking time 45 minutes.
Cuts into 16 pieces, suitable for freezing before adding topping.

For the cake

- 125g or 4¹/₂ oz dark soft brown sugar
- 2 eggs
- 100ml or 3¹/₂ fl oz sunflower oil
- 175g or 6oz wholemeal self-raising flour
- 1¹/₂ teaspoons bicarbonate of soda
- 1 teaspoon ground cinnamon
- Grated rind and juice of 1 orange
- 1 large carrot, peeled and grated
- 75g or 4¹/₂ oz ready-to-eat dried apricots chopped
- 75g sultanas

For the topping

- 1 x 200g pack extra light cream cheese
- 1 tablespoon icing sugar
- Few drops vanilla essence
- A little ground cinnamon

Preheat oven to 180°C/350°F/
gas mark 4.

Lightly grease and line a
23x23cm/9x9inch baking tin.

In a large bowl whisk together the sugar, eggs and oil for 1-2 minutes. Sift the flour, bicarbonate of soda and the cinnamon into the bowl, tipping in any bran that remains in the sieve. Stir through the remaining cake ingredients. Pour the mixture into the prepared tin.

Cook for 25-30 minutes, until just firm to the touch. Cool on a wire rack. Meanwhile, beat together all the topping ingredients, except the cinnamon. When the cake is cool, smooth the topping over the cake, sprinkle over a little cinnamon and serve.

Cruddas Park Munchers

The Transition Group at Cruddas Park Early Years Centre is about helping young people aged 10 - 13 years make the change into secondary school.

They work in a group and organise activities which help their self confidence and gives them new skills.

The young people themselves develop and run the group, supported by workers from the centre.

One of the activities the young people have done this year is healthier practical cooking, try their great recipes.



Savoury mince and dumplings

Ingredients

– Mince

- 1lb or 500g lean mince
- 1 onion chopped
- 2 carrots chopped
- 1/4 to a 1/2 of a small turnip
- Cup full of frozen peas
- Gravy granules (low salt)

– Dumplings

- 6oz or 175g self-raising flour
- 2 tablespoons or 30ml olive oil
- Skimmed milk
- Pinch of salt

Method – Mince

In a large pan brown the mince (drain off excess fat), add the carrots, turnip and onion and sweat until they become soft. Cover with water and bring to the boil, simmer until the vegetables are cooked. Stir in gravy granules to thicken the consistency. Pour into an ovenproof dish.

Method – Dumplings

Pre-heat oven to 190°C 375°F gas mark 5. Place the flour and salt into a bowl, add the oil and enough milk to form a soft dough. Make into 8 ball shapes and place on the top of the mince. Bake in the top of the oven for 25 minutes until golden brown.

Apple and Pear Crumble

Ingredients

- 1 1/2 lb of eating apples
- 4 oz brown or white plain flour or a mixture of both
- 2 oz low fat spread
- 4 oz rolled oats
- 1 oz brown or white sugar
- Add 1 tin of pears in their own juice - chopped

Method

- 1** Pre heat oven 190°C/375°F/gas mark 5. Boil 2 fl oz of water in a pan. Peel the apples, remove cores add to the water and bring to the boil, then cover tightly and cook on the lowest heat for 5 minutes.
- 2** Place flour and low fat spread in bowl and mix with fork. Rub in low fat spread. Stir in oats and 1oz of sugar.
- 3** Add chopped tinned pears to the apple mixture.
- 4** Tip apple mixture into a pie dish and sprinkle over the flour mixture to cover. Bake for 15-20 minutes until brown.
Try this recipe with lots of different fresh, frozen or tinned fruit. Serve with low fat natural yoghurt.

Cruddas Park Early Years

Cruddas Park Early Years Centre is the result of the integration of the children, staff, families and wider community of Cruddas Park Nursery School and Rainbow Family Group. The Centre offers care, nursery education, after school facilities, playschemes and a drop-in facility. We also offer opportunities for adult learning and development, based upon the identified interests of parents and carers using the Centre.



Mini Banana Buns

Ingredients

- 4oz low fat spread
- 2oz sugar
- 1tsp baking powder
- 5oz self raising flour
- 2 eggs (beaten)
- 4 oz sultanas
- 1 tsp mixed spice
- 3 bananas (mashed)

Method

- 1** Beat the low fat spread and sugar together.
- 2** Stir in the eggs and bananas.
- 3** Add all of the remaining ingredients and mix well.
- 4** Divide into bun cases.
- 5** Bake in a pre-heated oven on gas mark 4, 350°F, 180°C for about 15-20 minutes.

Moorside School

Every week, children from Moorside Community Primary School make their healthy snacks.

Oaty Bars

Basic Ingredients

- 100g or 1/2 cup low fat spread
- 40g or 1/4 cup sugar
- 175g or 2 cups rolled oats

Add in (use up to 4)

- 1 tablespoon peanut butter
- 40g or 1/4 cup raisins
- 50g or 1/4 cup banana chips
- 50g or 1/4 cup diced dried apricots
- 50g or 1/4 cup diced dried apple
- 50g or 1/4 cup chocolate chips
- 25g or 1/4 cup grated coconut

Method

- Place the low fat spread in a large microwave safe bowl. Microwave on high power for 1 minute.
- Add the sugar and oats to the low fat spread. Stir in up to 4 of the add-ins. Press the mixture in to a 9 inch or 23cm square microwave safe dish.
- Microwave on high power for 3 1/2 minutes, cool and then refrigerate for at least 30 minutes.
- Cut the Oaty Bar in to 16 bars and store in an air-tight container. It will keep for 4 to 5 days.



Lemington Meringues

Here are some of the Lemington Meringues children who love to bake and cook together.

Try some of our favourite easy healthy recipes.



Quick and Simple Mushroom Risotto

Ingredients

- 1 onion finely chopped
- 2 cloves finely chopped garlic
- 6oz or 150g button mushrooms
- 1pt vegetable stock (2 stock cubes)
- 9oz or 225g risotto rice
- 3oz or 75g parmesan cheese
- small amount olive oil

Method

- 1** Heat the oil in a pan, fry the onions and garlic gently for 10 mins.
- 2** Add the rice and cook for 5 mins.

- 3** Add the mushrooms to the pan and stir.
- 4** Stir in half of the vegetable stock – cook gently stirring.
- 5** Add the remaining vegetable stock – a little at a time, gently stirring until all the liquid has been absorbed.
- 6** Make sure rice is cooked.
- 7** Serve immediately, sprinkle with cheese.

Other vegetables of your choice may be added.

This could be served with chicken or fish.

Gingerbread People

Ingredients

- 10oz or 300g self-raising flour
- 2 teaspoon or 2 x 5ml spoons ground ginger
- 4 oz or 100g caster sugar
- 2oz or 50g low fat spread
- 3 tablespoons or 3 x 15ml spoon golden syrup
- 4 tablespoons or 4 x 15ml spoon milk

Method

Preheat oven 160°C/325°F gas mark 3

- 1** Place flour and ginger into a bowl

- 2** Warm sugar, low fat spread and syrup together and add to dry ingredients, mix well
 - 3** Add milk and mix to a firm consistency, knead lightly with hands
 - 4** Roll out and cut out people with cutter
 - 5** Place on to a baking tray and bake for 10-15 minutes
 - 6** Allow to cool slightly then carefully lift onto a cooling rack
 - 7** Decorate when cool
- Biscuits made with syrup will be soft when they come out of the oven, but they will harden up when cool.

Fireman's Pie

Ingredients

- 500 g lean mince beef
- 1 medium sized onion
- Gravy granules (low salt)
- 5-6 large potatoes
- turnip, cauliflower, broccoli
- 2 medium carrots
- 50g grated cheese

Method

- Peel and chop onion, potatoes, turnip, cauliflower broccoli and carrots.
- Put together the turnips, carrots and potatoes and cook.
- In a separate pan, cook the broccoli and cauliflower.

- Brown off the mince. Drain off the excess fat, return to pan, add the onion and just enough water to cover the mince, and cook until the onion is soft.
- Add the gravy granules to make a thick consistency. Place into a heat proof dish.

- When the vegetables are cooked, mash them together and cover the mince, smooth over the top and sprinkle over the cheese.
- Place into a hot oven or grill until cheese has melted.

Newcastle Toy Library Saturday Club

Our aims are to provide support to children and young people with disabilities and their families, aged 0-18 years. We offer many services including toy loan, play and leisure opportunities within an informal setting where families can meet and have fun and share information.

We have organised several cookery sessions for our activity club which have been extremely popular with our families.

This has provided great opportunities to make and enjoy tasty recipes and has been an inspiration to our members.

For further information about the Toy Library please contact 0191 238 6303



Geordie Pizzas

Ingredients

- 1 lge stottie cut in half
- 2 tomatoes
- Grated cheese for topping
- Tomato puree

Topping Ideas

Ham, Tuna, Sweetcorn, Pineapple, Baked Beans, Mushrooms, Red or Green Peppers. (Garlic bread: spread cream cheese and chopped garlic)

Method

- Pre heat oven to 190°C, 375°F, gas mark 5
- Spread the half stotties with a thin layer of tomato puree or you can use tomato ketchup
- Add preferred topping from list or make up your own, topped with grated cheese
- Place on a baking tray in oven until cheese is bubbling (about 15 minutes).

Bean and Sweetcorn Casserole

Ingredients

- 1 large onion chopped.
- 200g/7oz tin sweetcorn.
- 1 tbsp oil.
- 2 celery sticks thinly sliced.
- 50g/2oz button mushrooms.
- 2 cloves garlic crushed
- 400g/tinned chopped tomatoes.
- 425g/15oz butter beans drained.
- 300ml (1/2 pint) vegetable stock.
- 1 bay leaf (optional).
- Fresh basil roughly chopped (optional).

Method

- Sweat the onion in the oil for about 5 minutes.
- Add the celery and garlic and cook for a further 5 minutes until soft.
- Place the tomatoes into the mixture and stir in the beans, sweetcorn, bay leaf and stock.
- Cover pan and cook for 10 minutes over a gentle heat.
- Season to taste.
- Sprinkle with basil and serve hot with rice, pasta or warm crusty bread.

Raisin and oat cookies

Ingredients

Makes about 24 cookies.

- 140g/4³/₄ oz Quick cook rolled oats.
- 105g/3³/₄ oz Plain flour.
- 50g/1³/₄ oz Sultanas.
- 1/2 teaspoon baking powder.
- 1/2 teaspoon ground cinnamon.
- 115g/4oz low fat spread.
- 85g/3oz caster sugar.

- 1 large egg.
- 1 teaspoon vanilla essence

Method

- Preheat oven to 180°C/350°F gas mark 4. Grease 2 baking trays with low fat spread.
- In a mixing bowl stir together the oats, flour, sultanas, baking powder and cinnamon.

- In another bowl, using an electric mixer mix the low fat spread and sugar for about 3 minutes, until creamy.
- Then add the egg and vanilla and mix together until blended.
- Add the dry ingredients to the mixture and mix well together.
- Using a tablespoon, scoop up a spoonful of dough and using another spoon push the

dough onto the prepared baking sheet.

- Repeat until all the mixture is used up.
- Put them into the oven to bake for 15 minutes, until puffed and golden brown around the edges.
- Take out of the oven and put onto a cooling rack to cool for 10-15 minutes

Don't skip Breakfast!
Here's some ideas

Basic breakfast ideas: toast, crumpets, toasted tea cakes, fruit, yoghurts, cereal, porridge... or try something a little bit different

Beanie Muffins

Method

Scoop out the middle of the muffins. Put the muffins in a warm oven for about 5 mins to heat up. Heat up the baked beans in a pan – try and use the low salt/sugar type. Put the beans inside the warm muffin. Quick and simple snack/breakfast

Sausage and bacon wraps

Method

- Use low fat sausages and bacon.
- Wrap bacon around the sausage.
- Bake in medium oven for about 20 mins or until golden brown and cooked. Baking or grilling will help reduce the fat content.

Stewed apple or pears

Method

This can be done by peeling and taking out the cores of the fruit. Chop up and put in the pan with small amount of water, cook until soft. Or put in a dish suitable for the microwave. Buy some sweet pancakes - put the fruit inside, roll up and cut in half. A good way of starting the day with some fruit.

Baked Tomato/Eggs

Method

Use medium size tomatoes, cut off the top and scoop out the middle. Whisk some eggs and a little milk together. Pour into the tomatoes - bake in a medium oven for about 15 mins or until the egg is completely cooked. The tomatoes will hold their shape if cooked in bun tins.

Eat more fish -
it's so good for you!

Salmon and Potato Bake

Ingredients

- 1 Tin of Salmon 213g.
- 1 Onion - peeled and chopped.
- 25g/1oz low fat spread.
- 25g/1oz flour.
- 300ml or 1/2 pint milk.
- 25g/1oz grated cheese.
- 25g/1oz bread crumbs.
- 4 potatoes washed and sliced

Method

- Drain salmon and keep the juice to one side.
- Mash the salmon in a bowl.
- Fry the onions in the low fat spread in a pan until soft.
- Stir in the flour and fry for a few minutes.

- Remove from the heat and gradually blend in the milk and the reserved salmon juice.
- Bring to the boil and simmer for 5 minutes.
- Season to taste.
- Par boil the sliced potatoes in a pan.
- Layer the potatoes and salmon mixture in a casserole dish - ending with a layer of salmon.
- Sprinkle bread crumbs and grated cheese on the top and put it into a pre heated oven 170°C/325°F or gas mark 3 for 15 - 20 minutes.

Serve with green vegetables.

A lovely quick and easy meal.

Fish parcels, salmon bake, fish chutney or why not try sardines or mackerel on toast or crispy bread.

Fish Parcels

Ingredients

- 1lb White Fish.
- 3 Fresh Sliced Tomatoes.
- 1/2 lb Sliced Mushrooms.
- Small tin Sweetcorn.
- Mixed Sliced Peppers.
- Low Fat Cheese - grated.
- Lemon - herbs of your choice.
- Low Fat Spread.

Method

- Put fish onto a greased piece of foil.
- Put on topping of your choice - mixture of vegetables, herbs and cheese.
- Wrap fish with topping up in the foil to form a parcel.
- Bake in oven gas mark 5/190°C/375°F for about 20/25 mins. or until fish and topping are cooked.
- Serve with potatoes boiled or baked, or boiled rice.

This is a quick and easy way to enjoy fish.

Fish Chutney

Ingredients

- 2 Tins of Sardines in Sunflower Oil.
- 2 large Chopped Tomatoes.
- 1 onion chopped.
- Curry powder mild to medium depending on your taste.

Method

- Simply put the sardines into the pan including the oil.
- Add the tomatoes, onions and curry powder.
- Fry the mixture until the onions are soft.
- Serve either hot with rice or baked potato. It is also wonderful cold on crispy bread or toast.

Top tips

- Remember to wash your hands before you start
- Cooking with your children often encourages them to try foods
- Encourage your child to drink plenty of water
- Try to eat your 5 fruit or vegetables per day
- Try to give healthier snacks and treats
- Freeze your water bottle/juice carton the night before to keep your packed lunch cool
- Remember fresh, frozen or tinned fruit and vegetables are just as good
- Make children's meals more colourful to encourage them to eat-up
- Make time to sit down together as a family to enjoy your meal

- To encourage your children to eat more vegetables try grating them and adding them to different foods
- Make your food interesting by using different shapes and textures
- Praise your child for trying new foods
- Introduce new foods more than once. At first if you don't succeed try try again
- Food should be enjoyed by all
- With older children try and plan/cook your family meals together
- Don't leave your children cooking unsupervised in the kitchen
- Make sure the adult helper handles all of the hot dishes and sharp utensils

Enjoy your time cooking together!



Cook with us!



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For further information please contact
Kath English, Healthy Eating Co-ordinator or
Julie Stephens, Healthy Eating Activities Worker



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