

Healthy Lunch Idea 1

Zombie peppers recipe

These petrifying peppers, stuffed with blood-red veggie rice, make a real monster of a meal!

Prep: 10 mins

Cook: 50 mins

Serves 4

Nutritional information



Ingredients

- 4 peppers (any colour)
- 200g rice
- 1 tablespoon oil
- 2 onions, peeled and diced
- 1 large or 2 small beetroot, grated

- 1 tablespoon Worcestershire sauce
- 50g lower-fat mozzarella, grated
- 50g lower-fat cheddar, grated
- 2 teaspoons dried mixed herbs (or fresh parsley or basil)
- 1 pinch black pepper

Method

1. Slice the tops off the peppers and put the lids aside. Remove and throw away the seeds. With a sharp knife, carefully carve a spooky face into each pepper. Once they're scary enough, put the peppers in a roasting tray and turn on the oven to preheat to 180C (fan 160C, gas mark 4).

Information:

If they're old enough, the kids can carve the faces into the peppers themselves. Just make sure to keep an eye on them at all times. Younger ones can tell you what face to carve, or draw what they would like instead!

2. Bring a pan of water to the boil and cook the rice according to the packet instructions. When it's ready, drain and set aside.
3. While the rice is cooking, heat the oil in a saucepan over a medium-high heat and fry the onions until softened and beginning to go see-through – about 5 minutes.
4. Take the pan off the heat, then add in the cooked rice, grated beetroot, grated cheese, Worcestershire sauce, black pepper and herbs. Mix well.

Information:

Stuffed peppers are a great way to use up leftovers all year round, so skip the carving (if you want!) and experiment. [Chilli](#), [veg-loaded cous-cous](#), and [pasta in tomato sauce](#) all work brilliantly, for example.

5. Spoon the filling into the peppers, and put their lids back on. Roast in the oven for 45 minutes, or until they've softened but are still holding their scary shape! Leave to cool for 5 minutes, then dish up with a side of salad and enjoy.

Healthy Lunch idea 2

Vegetable frittata recipe

This is a lovely thick omelette made for 4, served cut into wedges.

Prep: 10 mins
Cook: 12 mins
Serves 4

[Nutritional information](#)



Ingredients

- 2 teaspoons vegetable oil
- 6 eggs
- 2 tablespoons milk
- 4 slices bread (wholemeal if possible)

Swappable or optional

- 2 tomatoes, chopped
- 1 courgette, coarsely grated
- 1 pinch ground black pepper (optional)

Swap tip

You can replace these vegetables with other family favourites, like peas, sweetcorn or a little bit of thinly cut pepper, mushrooms or onion! Or try spinach for a seasonal twist.

Method

1. Turn the grill on to preheat to a medium-high temperature.
2. Heat the vegetable oil in a non-stick frying pan. Add the courgette and tomatoes and cook on the hob for 3 to 4 minutes, stirring often, until soft. Spread out over the base of the frying pan.

Information:

If you use a good non-stick frying pan the frittata will be easy to remove.

3. Beat the eggs and milk together and pour into the frying pan. Cook over a medium-low heat for 4 or 5 minutes to set the base, then transfer to the grill to set the surface – about 3 minutes. Remove from the heat and let the frittata cool for 3 or 4 minutes.

Information:

Take care not to cook over a high heat, or else the base could brown too much before the middle of the frittata is cooked.

4. Toast the slices of bread. Slice the frittata into wedges and serve with the toast.

Information:

You could also make the recipe with extra vegetables, such as mushrooms, spring onions and chopped peppers.

Healthy Lunch Idea 3

Tuna and potato salad recipe

Great fresh flavours combine to make this tasty tuna salad.

Prep: 15 mins
Cook: 20 mins
Serves 4

[Nutritional information](#)



Ingredients

- 800g new potatoes, scrubbed
- 2 tablespoons lemon juice
- 1 garlic clove, crushed
- 2 tablespoons chopped fresh parsley
- 1 small red onion, chopped

- 200g canned tuna in springwater, drained
- 2 handfuls cherry tomatoes, halved
- quarter of a cucumber, chopped
- 1 pinch ground black pepper
- basil leaves to garnish (optional)

Method

1. Cook the potatoes in gently boiling water for 20 minutes, until tender.
2. Meanwhile, in a salad bowl, mix together the lemon juice, garlic and parsley. Add the red onion and set aside.
3. Drain the cooked potatoes and add them to the salad bowl while they are hot. They will absorb the flavour of the dressing as they cool down.
4. When the potatoes are cool, add the tuna, tomatoes and cucumber. Stir everything together gently and season with black pepper. Serve immediately, or cover and chill to serve later.

Information:

For a vegetarian version, replace the tuna with 100g reduced-fat feta cheese, cut into chunks.

Healthy Lunch Idea 4

Tuna and bean jackets recipe

Just the thing for a light lunch or to get you going for the day ahead!

Prep: 20 mins
Cook: 60 mins
Serves 4

[Nutritional information](#)



Ingredients

- 4 baking potatoes, scrubbed
- 1 can of beans (cannellini, if possible)
- 200g tuna in water, drained and flaked
- 2 teaspoons tomato purée

Swappable or optional

- 1 pepper, any colour, deseeded and chopped
- 2 tomatoes, chopped
- 4 spring onions, finely chopped
- 2 tsp red or white wine vinegar (optional)
- 1 pinch ground black pepper (optional)

Swap tip

Don't worry if you don't have all the ingredients – you can just stick to the jacket with tuna and beans for a simple dinner fav.

Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Prick the potatoes, then bake towards the top of the oven for 1 hour, or until tender.
2. While the potatoes are cooking, mix together the cannellini beans, tuna, pepper, tomatoes, spring onions, vinegar and tomato purée. Season with black pepper.

Information:

For a vegetarian option, use 200g tofu instead of the tuna.

3. Split the baked potatoes open and fill them with the salsa mixture. Serve at once.

Information:

Remember to eat the skin of the potato, as it's high in fibre.

Spicy chicken and salad sandwich recipe

A creamy chicken sandwich – with a little kick!

Prep: 5 mins

Serves 1

[Nutritional information](#)



Ingredients

- 1 tablespoon low-fat plain yoghurt
- ¼ teaspoon of mild curry powder, to taste
- 85g cooked chicken, chopped
- 2 slices of wholemeal bread
- 1 small wedge of lettuce, shredded

- 1 small carrot, grated
- 1 small piece of cucumber, sliced

Method

1. Mix the yoghurt and curry powder to taste, then add the chicken.

Information:

For a non-spicy alternative, just swap reduced-fat mayonnaise for the curry powder and yoghurt.

2. Fill the sandwich with the chicken mixture, lettuce and carrot.
3. Cut into quarters and serve with the cucumber on the side.

Information:

This also works brilliantly in a wholemeal wrap or pitta!

Healthy Lunch Idea 6

Spiced chicken and vegetable soup recipe

Soups are a brilliant way to help towards your 5 A Day! Packed with vegetables, this one has a spicy kick.

Prep: 15 mins
Cook: 30 mins
Serves 4

[Nutritional information](#)



Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 garlic clove, crushed

- 2 carrots, chopped
- 250g swede or turnip, chopped
- 1 apple, peeled, cored and chopped
- 1 tablespoon curry powder
- 0.5 teaspoon cumin seeds (optional)
- 1 litre reduced-salt vegetable or chicken stock
- 400g tomatoes, chopped
- 200g cooked chicken, skin removed, chopped
- 50g frozen peas
- 4 tablespoons low-fat natural yoghurt
- 1 pinch fresh mint (optional)

Method

1. Heat the vegetable oil in a large saucepan and gently fry the onion and garlic for 2 to 3 minutes, until softened. Add the carrots, swede or turnip and apple, and cook for another 2 minutes.
2. Stir in the curry powder and cumin seeds (if using) and cook gently for a few seconds. Pour in the reduced-salt stock and add the tomatoes. Bring up to the boil, then reduce the heat and simmer, partially covered, for about 20 minutes, or until the vegetables are tender.

Information:

For a Mediterranean flavour, use 1 tbsp of mixed dried Italian herbs instead of the cumin seeds and curry powder, and use basil instead of mint.

3. Add the cooked chicken and peas and simmer gently for another 3 to 4 minutes. Ladle the soup into warm bowls and serve each portion topped with 1 tablespoon of yoghurt and a few mint leaves (if using). Serve each portion with a wholemeal roll.

Information:

For a vegetarian version, omit the chicken and replace with a 400g can of chickpeas in water, drained, and make sure you use vegetable stock.

Healthy Lunch Idea 7

Shakshuka recipe

A simple and delicious vegetarian dish of eggs poached in a spicy tomato and vegetable sauce – perfect for lunch or a light evening meal.

Prep: 15 mins
Cook: 30 mins
Serves 4

[Nutritional information](#)



Ingredients

- 1 tablespoon vegetable oil
- 1 yellow onion, finely chopped
- half a red bell pepper, deseeded and finely chopped
- half a yellow bell pepper, deseeded and finely chopped
- 6 garlic cloves, chopped

- 1 aubergine, chopped
- 800g tinned chopped tomatoes
- 2 tablespoons tomato purée
- 2 teaspoons ground cumin
- 400g tinned chickpeas, drained
- 0.5 teaspoon salt (optional)
- 0.5 teaspoon cayenne pepper
- 200g spinach, washed and chopped
- 6 medium-sized eggs
- 15g fresh coriander to serve, chopped (optional)

Method

1. Heat the oil in a large non-stick frying pan on medium heat. Add the onion, peppers and garlic, and cook for about 5 minutes, stirring occasionally, until the vegetables soften.
2. Stir in the aubergine and cook for another 5 minutes or so, until golden-brown. Add the tomatoes, tomato purée, salt, cumin and cayenne, and stir well. Bring to a boil, then lower the heat and cook for about 10 minutes, until the mixture thickens.

Information:

Try adding or swapping in your favourite vegetables. Mushrooms, courgettes or green beans all work well.

3. Stir in the chickpeas, cover and cook for further 5 to 8 minutes on medium heat. Once the chickpeas have had time to soften, stir in the chopped spinach and lower the heat.
4. Using a wooden spoon, create 6 wells in the mixture and crack 1 egg into each. Cover the pan and cook for about 6 to 8 minutes on low, until the egg whites set. If you prefer firmer yolks, cook for around 8 to 12 minutes.
5. Once the eggs are cooked, take the mixture off the heat and leave to cool for a few minutes. Scatter with chopped coriander and serve.

Information:

Serve with wholemeal pitta or wholegrain crusty bread, and a side salad.