



**FAMILY FOOD FIRST**

# *Autumn Recipe Book*

**OUR TASTY RECIPES FOR  
SEPTEMBER TO NOVEMBER**



**Bedfordshire  
Community  
Health Services**



# What's in Season?

ALTHOUGH WE CAN NOW GET ALMOST ALL OUR FRUITS, VEGETABLES AND FISH ALL YEAR AROUND, IT IS IMPORTANT TO KNOW WHAT'S IN SEASON IN ORDER TO BE SUSTAINABLE AND KEEP THE COSTS OF OUR WEEKLY SHOP LOW. NOT ONLY THAT, BUT IF YOU EAT FOODS WHILE THEY ARE IN SEASON, THEY ARE LIKELY TO TASTE MUCH BETTER. AUTUMN IS AN EXCITING PERIOD FOR VIBRANT & FLAVORSOME FRUIT AND VEGETABLES. SO...WHAT'S IN SEASON NOW?



## Fruit

- Apples
- Apricots
- Damsons
- Figs
- Nectarines
- Pears
- Plums
- Raspberries

## Vegetables

- Aubergine
- Beetroot
- Butternut Squash
- Cabbage
- Celeriac
- Courgette
- Cucumber
- Kale
- Marrow
- Peppers
- Sweetcorn



## Fish

- |            |             |
|------------|-------------|
| Oily Fish: | White fish: |
| Mackerel   | Crab        |
|            | Sea bass    |



These are just some examples. More information about what's in season can be found at:

<http://www.bbc.co.uk/food/seasons>



Back to  
**SCHOOL**

**Lunch  
box  
ideas**





# Turkey and spring onion wraps

## Ingredients

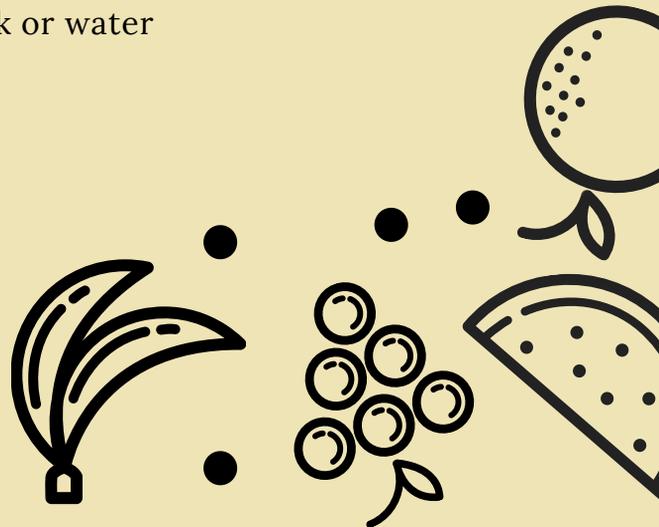
Makes 4

- 2 tbsp mayonnaise
- 2 tbsp pesto
- 4 lettuce leaves
- 250g cooked turkey, shredded (or chicken if you prefer)
- 6 spring onions, shredded
- 12cm chunk cucumber, shredded
- 4 wholemeal tortillas

## Method

1. Mix together the mayonnaise and pesto.
2. Divide the lettuce leaves, turkey, spring onions and cucumber between the tortillas.
3. Drizzle over the pesto dressing, roll up and cut each wrap into 2 or 3 pieces

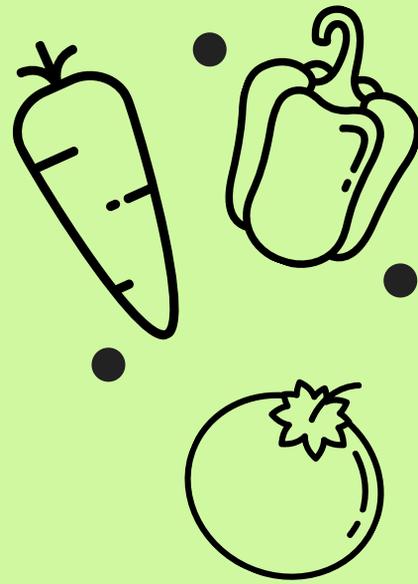
Pop into a lunch box with a piece of fruit, some vegetable sticks, and a dairy food, such as some low fat natural yogurt, and a tooth friendly drink such as milk or water



Recipe adapted from

<https://www.bbcgoodfood.com/recipes/turkey-spring-onion-wraps>

# Cheesy coleslaw with wholemeal pittas



## Ingredients

Makes 1

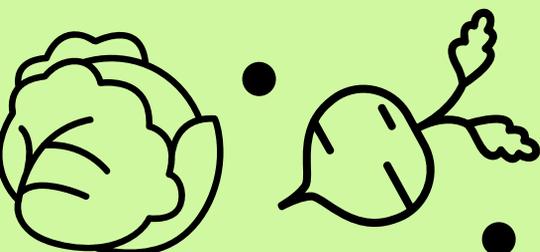
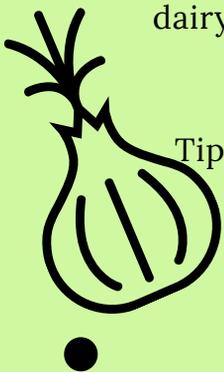
- 1 tsp mayonnaise
- 1 tbsp Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 wholemeal pitta bread

## Method

1. In a bowl, mix the mayonnaise and yoghurt.
2. Add the vegetables, cheese and, if using, parsley and mix.
3. Carefully split open the pitta bread and fill with the coleslaw

Pop into a lunch box with a piece of fruit, some vegetable sticks, and a dairy food, such as some low fat natural yogurt, and a tooth friendly drink such as milk or water

Tip: The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!



Recipe adapted from

<https://www.nhs.uk/change4life/recipes/cheesy-coleslaw-with-wholemeal-pitta>



# Apple and raisin cookies

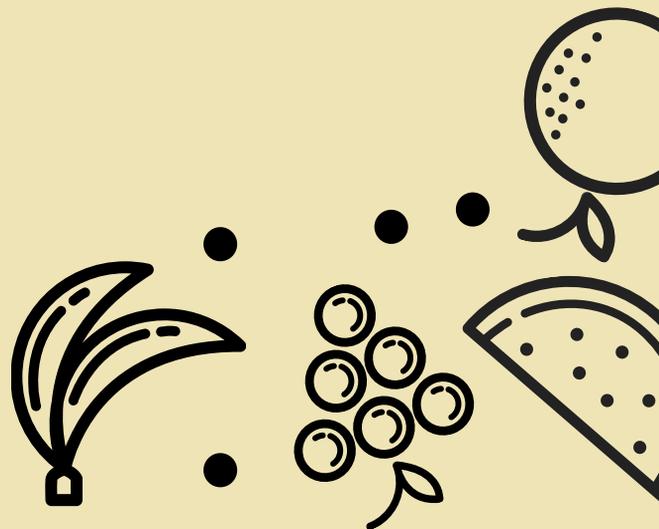
## Ingredients

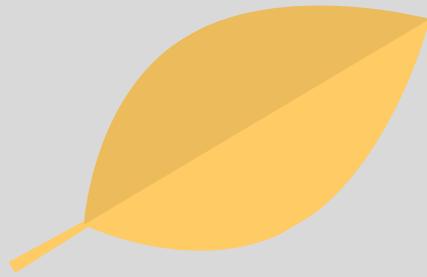
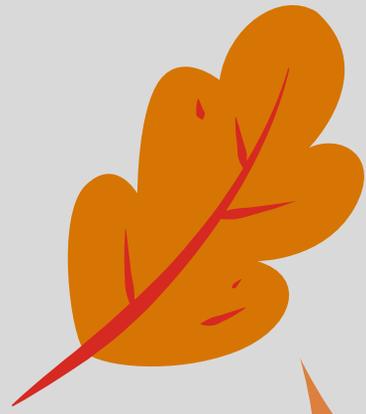
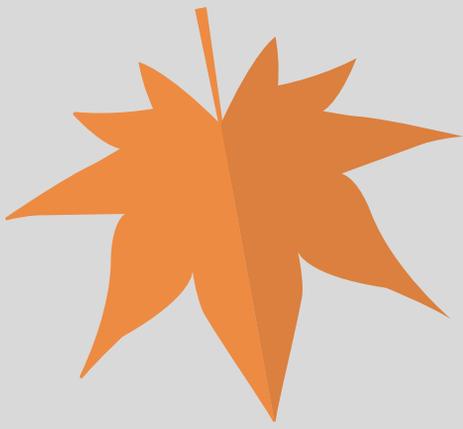
Makes 4 portions of approximately 30g

- 1 tbsp vegetable fat spread (25g)
- 5 tbsp rolled oats (50g)
- 1/2 an eating apple, cooked and mashed (30g)
- 1 heaped tbsp raisins (30g)
- 1/2 tsp cinnamon

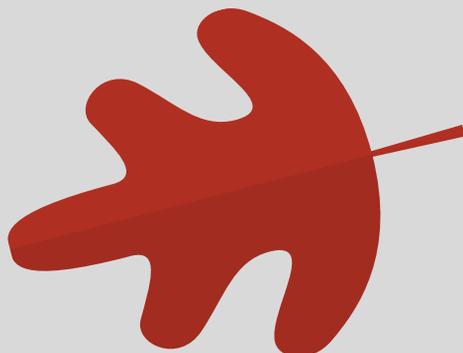
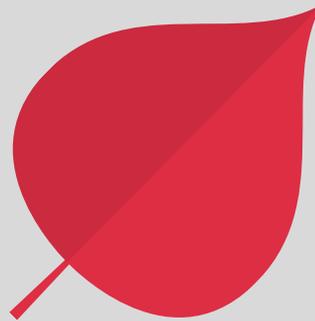
## Method

1. Heat oven to 180C/160C fan/gas 4.
2. Line a baking sheet with grease proof paper
3. Mix all of the ingredients together in a bowl and form into a soft mixture
4. Put heaped dessertspoonfuls of the mixture onto the baking sheet and flatten slightly with a fork
5. Bake for 10-12 minutes, or until lightly golden
6. Allow cookies to cool on the baking tray before transferring to a wire rack if you have one

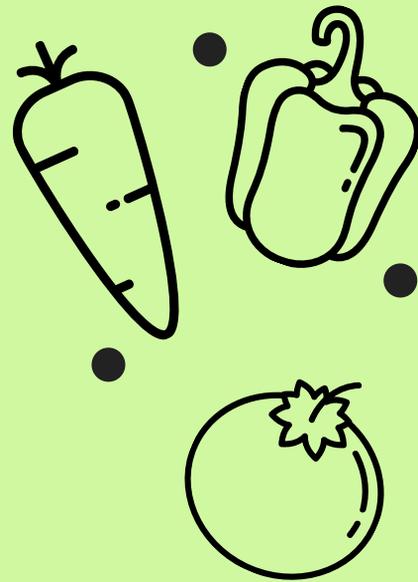




**Home time!**



# Funny faces



## Ingredients

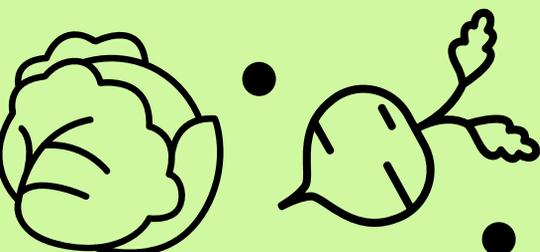
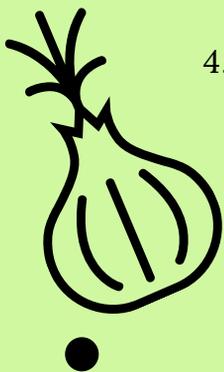
Makes 4

- 4 rice cakes
- 100g soft cheese
- 1 small red apple, quartered and cored
- 1 small celery stick, sliced into 4 pieces
- 8 raisins
- 4 seedless red grapes, halved

## Method

1. Spread each rice cake with a quarter of the soft cheese.
2. Next, cut each apple quarter into 3 slices, and place on the rice cakes (2 pieces to represent eyebrows, and 1 to represent the mouth.)
3. Position the celery on each rice cake for the 'noses', with a raisin placed on each side for the nostrils.
4. Finally, place the halved grapes under the eyebrows to look like 'eyes'.

Tip: let children get creative making funny faces!



Recipe adapted from

<https://www.nhs.uk/change4life/recipes/nutty-apple-and-celery-rice-cakes>



# Lentil Burgers

## Ingredients

Makes 4 big burgers, or 8 mini burgers

- 1 red onion, finely chopped
- 1 tsp crushed garlic
- 1 green chilli, chopped
- 1 tsp grated fresh root ginger
- 2 tbsp chopped fresh coriander stalks
- 1 tbsp coriander seeds, ground
- 600g/1lb 5oz cooked brown lentils, drained and rinsed (dried or tinned)
- 3 tbsp gram (chickpea) flour

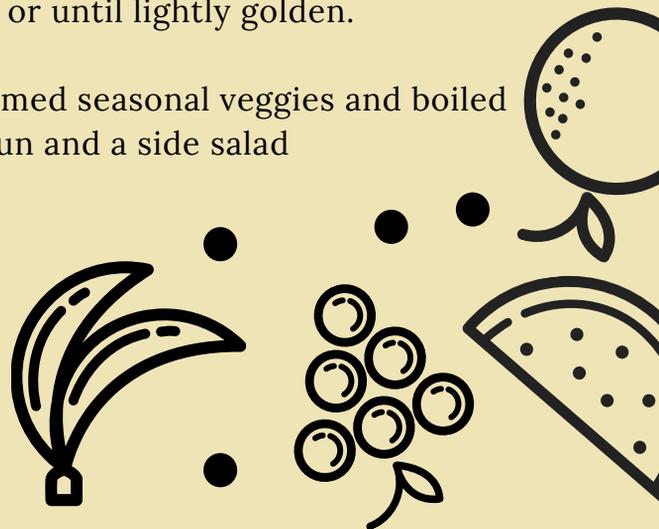
## Method

1. Preheat the oven to 190C/180C fan/gas mark 5
2. To make the burgers, gently fry the onion, garlic, chilli, ginger, coriander stalks and seeds, in a little oil, or water, until the onion is softened.
3. Add the lentils and stir well to mix. Tip into a blender or food processor and pulse briefly with the chickpea flour until a roughly blended mixture is formed. If you don't have a blender or food processor, you can use a fork or potato masher to combine the mixture.
4. Shape into patties and place on a baking tray. Cook the burgers in the oven for around 15-20 minutes, or until lightly golden.

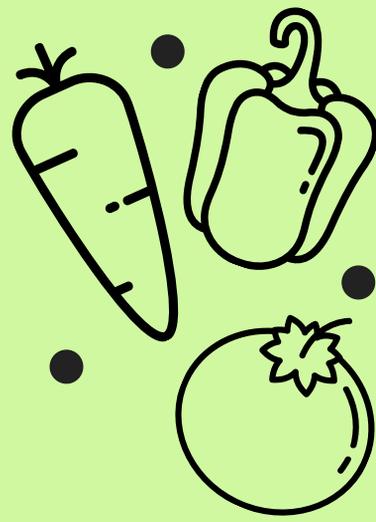
Try serving these burgers with some steamed seasonal veggies and boiled potatoes, or a wholemeal bun and a side salad

Recipe adapted from

[https://www.bbc.co.uk/food/recipes/lentil\\_burgers\\_with\\_34759](https://www.bbc.co.uk/food/recipes/lentil_burgers_with_34759)



# Vegetable Pasta Bake



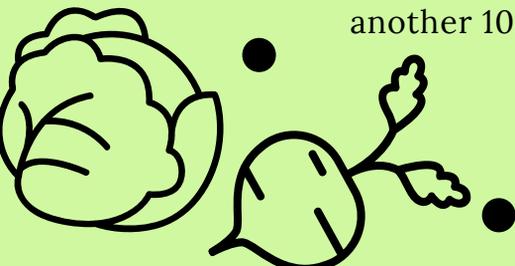
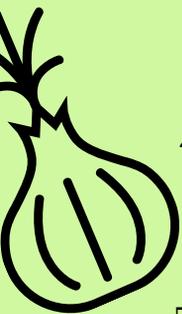
## Ingredients

Serves 4 adults, or 8 children

- 1 red pepper, seeds removed, cut into bite-size chunks
- 1 yellow pepper, seeds removed, cut into bite-size chunks
- 1 aubergine, finely chopped
- 1 courgette, finely chopped
- 1 red onion, sliced
- 3 tbsp olive oil
- 150g/5½oz cherry tomatoes, halved
- 400g tin chopped tomatoes
- 2 garlic cloves, crushed
- 3 tbsp roughly chopped basil
- 300g/10½oz pasta
- 150g/5½oz ball mozzarella, drained and finely chopped
- 2 tbsp pesto
- 2-3 tbsp finely grated Parmesan, or a vegetarian hard cheese alternative

## Method

1. Preheat the oven to 190C/170C Fan/Gas 5.
2. Put the peppers, aubergine, courgette and onion into a roasting tin or deep baking dish. Cook in the oven for 45 minutes, turning twice, until the vegetables are tender and golden brown.
3. Add the cherry tomatoes, chopped tomatoes, garlic and basil and cook for 10-15 minutes.
4. Meanwhile, cook the pasta in boiling salted water according to pack instructions. Add 4-6 tablespoons of the pasta cooking water to the vegetables to loosen the tomato sauce.
5. Drain the pasta and stir into the roasted vegetables. Stir through the mozzarella and pesto, top with Parmesan and return to the oven for another 10 minutes, until the cheese has melted.



Recipe adapted from

[https://www.bbc.co.uk/food/recipes/vegetable\\_pasta\\_bake\\_15082](https://www.bbc.co.uk/food/recipes/vegetable_pasta_bake_15082)



# Fish and potato tray bake

## Ingredients

Serves 4 adults, or 8 children

640g/1lb 7oz floury potatoes, preferably Maris Piper, peeled and thinly sliced  
2 red peppers, sliced  
2 bay leaves  
2 garlic cloves, finely chopped  
2 tbsp olive oil  
½ tsp sea salt flakes  
4 x 120g/4oz cod fillets, skinless and boneless  
Freshly ground black pepper

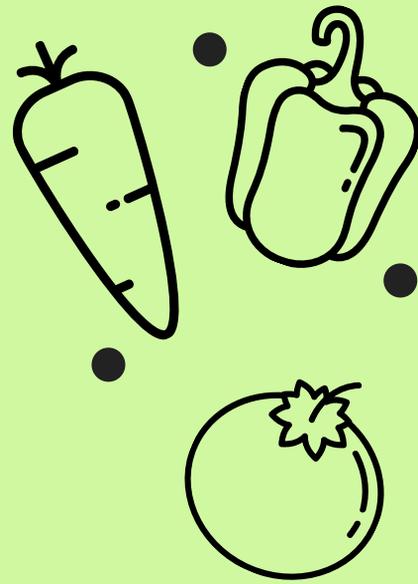
## Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Mix the potatoes, peppers, bay, garlic, oil, salt and a good pinch of black pepper in a large roasting tin. Cover tightly with kitchen foil and bake for 1 hour.
3. Place the cod on top of the vegetables and bake, uncovered, for 15 minutes, or until the fish is cooked through.

Serve immediately with a side of your favourite seasonal veggies.

Fancy jazzing it up a little? Add a teaspoon of pesto to the top of each fish fillet before placing in the oven for the last time.

# Kidney Bean and Pineapple curry



## Ingredients

Serves 4 adults, or 8 children

- 1 large onion, finely chopped, or 140g/5oz frozen diced onion
- 1–2 tbsp garlic and ginger paste (or fresh)
- 2 tbsp medium curry powder
- 432g tin pineapple chunks in juice
- 400g tin kidney beans, rinsed and drained
- 2 x 400g tins chopped tomatoes

## Method

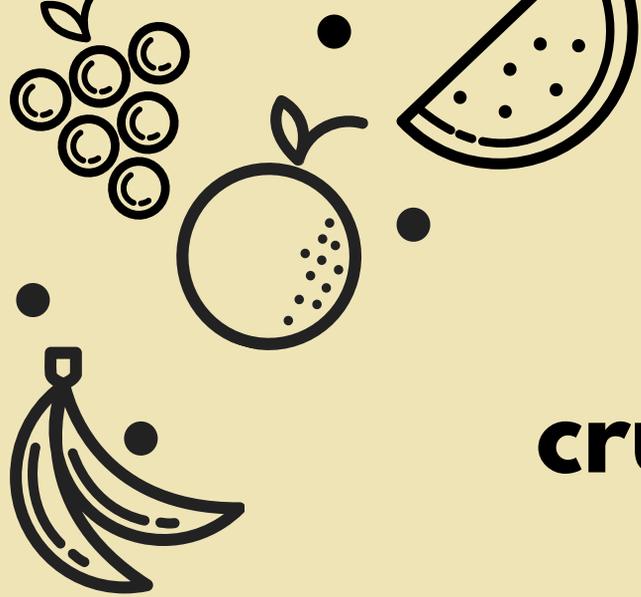
1. Put the onion in a large non-stick pan, with a little water, and cook over a medium heat for 5 minutes, or until the onion starts to soften.
2. Add the garlic and ginger paste and stir in well, then stir in the curry powder.
3. Pour in the pineapple, along with all of the juice. Add the kidney beans, then the tomatoes, and stir well. Simmer for 30 minutes, stirring occasionally to prevent the curry from sticking and burning. You may need to add a splash of water to stop it from drying out.

Serve hot with rice and coriander



Recipe adapted from

[https://www.bbc.co.uk/food/recipes/bean\\_and\\_pineapple\\_curry\\_83770](https://www.bbc.co.uk/food/recipes/bean_and_pineapple_curry_83770)



# Melon and crunchy bran pots

## Ingredients

Serves 1

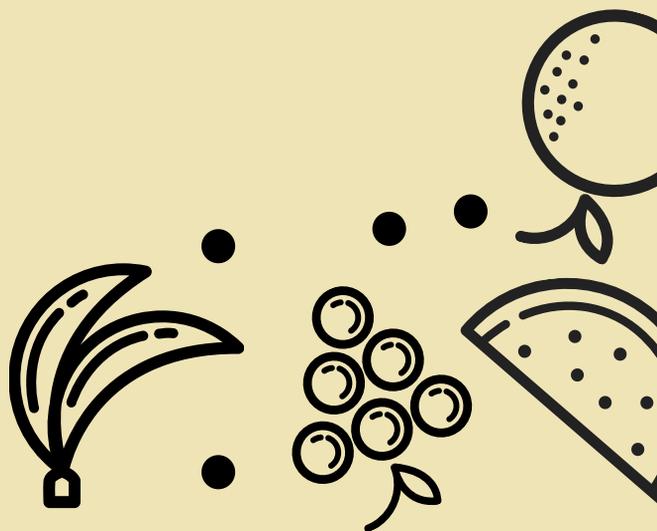
100g melon  
150g pot yogurt  
2 tbsp fruit & fibre cereal  
1 tbsp mixed seeds

## Method

Top melon medley with yogurt, then sprinkle over cereal mixed with seeds.

Eat immediately! It's that easy!

Tip: swap melon for other fruit, or even create a little medley of different types of fruit.



Recipe adapted from

<https://www.bbcgoodfood.com/recipes/melon-crunchy-bran-pots>