

Slimming World Recipes

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Apple Pie (Deep Dish)

Serves: 6

Slimming World version: 1.7g fat

Traditional version: 12.5g fat

Sins per serving: 6 Original and Green

Preparation and cook: approx 50 minutes

Ingredients;

2lbs/908g cooking apples

2 tbsp lemon juice

2oz/57g sultanas

4 tbsp + 1 tsp Canderel

1 tsp ground cinnamon

Pinch of ground cloves

6 x 1/2oz/14g sheets of filo pastry

1 medium egg, beaten

Method;

1. Preheat the oven to 190°C/375°F/Gas 5. Peel, core and thinly slice the apples. Place in a mixing bowl and toss with the lemon juice, sultanas, 4 tbsp Canderel and spices.

2. Pack the apple mixture into a 2pt/1.2litre ovenproof pie dish. Cover the top with foil and bake in the oven for 30 minutes.

3. Brush each sheet of filo pastry with egg and scrunch up each sheet separately to form a flower-like ball. Once the apple has cooked for 30 minutes, raise the oven temperature to 200°C/400°F/Gas 6. Remove the foil and arrange the filo over the top to cover the apple completely. Brush with more egg and return to the oven. Continue to cook for 15 minutes until golden.

4. Sprinkle with the remaining Canderel and serve hot. If you wish, accompany with very low fat natural fromage frais flavoured with a few drops of vanilla essence.

Variation;

Replace half the apples with ripe pears and use ground ginger instead of cinnamon.

Apple and Mint dip (Ushdev, Letchworth)

Free both plans

Ingredients;

1 cooking apple
1 onion
fresh mint
1 teaspoon green chili
salt to taste
1 teaspoon candarel (optional)
small piece of ginger

Method:

Liquidise all and serve

Asian Pork In Lettuce Leaves (Lisa Feinson)

3 sins the lot (Serves 4)

Ingredients;

4 garlic cloves, finely chopped
2 tbsp fresh lime juice
4 tbsp chopped fresh coriander
450g/1lb lean minced pork
4 tbsp chopped bamboo shoots
3 - 4 tbsp Thai fish sauce (nam pla) or light soy sauce
2 tbsp runny honey (3 sins)
2 birds' eye chillies, finely chopped (optional HOT)
3 shallots, thinly sliced
2 large oranges, segmented
2 tbsp each chopped fresh mint
4 little Gem lettuces, separated into leaves

Method;

Heat a large frying pan or wok. Mix together the garlic, salt, pepper, lime juice and half of the coriander in a small bowl. Tip the garlic mixture into a pan and spray well with Fry Right and stir-fry for 30 seconds, add in a bot if lemon juice if it's too dry then add the shallots and stir fry until starting to brown then add the pork and stir-fry for 8-10 minutes until well browned, breaking up the mince as it cooks with a wooden spoon.

Add the bamboo shoots, fish sauce or soy, honey and chillies to the pork mixture and cook for another 5 minutes or until the liquid has almost completely evaporated.

Place the remaining shallot in a bowl with the orange segments and a heaped teaspoon each of mint and coriander. Mix until well combined and pile into the middle of a large plate or platter. Stir in the remaining mint and coriander into the pork mixture and use to fill the lettuce leaves, arranging them around the orange salad. Serve at once.

Avgolemono Soup (Egg and Lemon Soup) (Lisa Feinson)

Ingredients;

3.5 pints/ 2 litres strong fat free chicken stock (I use chicken bovril free on both days)
2.5 oz/75g short grain rice
4 eggs separated
juice of a large lemon
sea salt and freshly ground black pepper

Method;

Bring the stock to the boil in a large pot, add the rice and simmer for 15 minutes until the rice is cooked.

Five minutes before you are ready to serve, turn the heat off from under the pan, whisk the egg whites until stiff, then whisk in the egg yolks. Add in the lemon juice and whisk some more!

Take a ladle full of the stock and add it to the egg mixture whisking constantly and then add slowly to the rest of the pan, again, keep whisking. The eggs must not curdle. You can very gently simmer the soup a little but do not boil it or scrambled eggs happens...

Variation;

Serve with poached chicken and fresh lemon to taste. This is a taste of home for most greeks...and good when you have the flu!!

Bacon and Sausage Quiche (Jan)

(Sin Free)

Ingredients;

4-5oz Lean Bacon
4 Bowyers fat free sausages
3 eggs
8oz v.l.f. cottage cheese
Seasoning to taste

Method;

Slightly grill the bacon about 4-5oz and chop it up.
Grill 4 Bowyers fat free sausages and slice in small rounds.
Beat the eggs and add the cottage cheese, then add the bacon and sausage.
Mix everything together and pour into a Flan dish.
Cook in a preheated oven at 200oC, 4000F or Gas Mark 6 for 15 minutes.

Banoffee (ish)

3.5 sins per serving
(Serves 6)

Method;

Crushed sultana bran mixed with toffee muller yoghurt put in the bottom of a shallow glass bowl.

Compress it so it resembles a cheesecake base.

Slice bananas and arrange on top.

Then mix one sachet of sugar free toffee and banana angel delight with a sachet of options chocolate caramel drink and 1/2 pint of skimmed milk.

Whisk until thickened ... pour over bananas ... chill and serve.

Boiled Basmati Rice

(Serves two hungry people)

Method;

Take a mug of basmati rice, and rinse it in your pan, pouring off the cloudy water again and again (4 times or so) until the water runs clear. Add a pinch of salt and two mugs of cold water (always use 2 mugs water to every mug rice).

Bring to the boil uncovered. As soon as it boils turn the heat right down, clamp on the lid and don't touch for 10 minutes. Trust me, as long as the heat is low enough and you've measured the water, it won't burn! Then, lift the lid and taste a few grains. Rices vary...if they are not quite done, you can add a TINY splash more water, but all it probably needs is a bit longer on the heat. Lastly, remove from the heat and let it stand for another 5 minutes (at least) with the lid still on. Then tuck in. Hopefully perfect rice!

Bombay Potatoes (Ushdev, Letchworth)

Green: 6 sins (Free if using frylight)
(Serves 6)

Ingredients;

½ lbs potatoes peeled and diced
1 tin tomatoes
2 teaspoons salt
1 teaspoon mustard seeds
½ teaspoon chili
½ teaspoon turmeric
½ teaspoon garam masala
bunch coriander
1 tablespoon oil (6 sins)

Method;

Heat oil add mustard seeds when cracked, add the potatoes and spices, liquidise tomatoes and add. Cook on low heat til potatoes are cooked, add coriander and serve.

Breakfast Porridge (Sue)

Place a cup of porridge oats in a bowl and cover with water. Place it in the fridge and leave it overnight. In the morning, pour a vanilla muller lite yoghurt (or flavour of your choice) over the oats. Add candarel or similar if you wish.

Cajun Quorn Burgers with Salsa

sins green / 7.5 sins red (Serves 4)

Ingredients;

1 medium red onion
1tbsp lemon juice
420g can baked beans
235g pack Quorn mince
3oz/85g canned sweetcorn kernels drained
4tbsp chopped parsley
2oz/57g dry natural breadcrumbs
salt & pepper
2tsp cajun spice seasoning

Salsa:-

1 small red pepper
1 beef steak tomato
2tbsp chopped parsley
1tbsp white wine vinegar
1-2 tsp granulated artificial sweetener

Method;

Simmer onion in lemon juice and 4tbsp water for 5 mins then drain and cool
mash baked beans lightly, add quorn, sweetcorn, parsley, breadcrumbs and
seasoning.

Divide into 8 portions and sprinkle with cajun seasoning.

Bake in oven at 190c/375F gas 5 for 10 mins each side until golden.

For the Salsa just chop pepper and tomato and add other ingredients.

Cajun Spice Mix (Lisa Feinson)

This is a real hot one. Just rub into steaks or chicken pieces, leave for a while
then grill or roast. Or sprinkle over potato wedges.

Ingredients;

2 oz sweet paprika
1 oz black or white pepper
1 ½ tablespoons of cayenne pepper (WARNING: HOT! use less or omit if you
don't like heat)
2 tablespoons garlic powder
2 tablespoons onion granules

Mix all together and store in an airtight tub.

Carrot Cake

11 sins total on both plans

Ingredients;

4 Scan Bran - crushed
1 Weetabix - crushed
5oz grated carrot
1/2 teaspoon mixed spice
1 teaspoon cinnamon
1 teaspoon nutmeg
1 tablespoon runny honey
2 tablespoons mincemeat
3 eggs beaten

Method;

Preheat oven to 180 C or equivalent. Place all ingredients into a large bowl and mix well! Cook for 1 hour.

When cooked, turn out onto a wire rack to cool while you make the topping as follows:

Quark - Lemon Juice - And Sweetener To Your Taste. Mix to required taste and spread on top of cake when cold.

Suggestion;

You could slice it and freeze slices or treat yourself to half one day and half the next or JUST EAT It you are allowed about 10 sins a day!!!

Cheese Sauce / Dip (Lee Donovan) (sin free)

Ingredients;

1 pack quark cheese
1/2 pack of dill
1/2 pack mustard and cress
1 lime
Lots of salt and pepper

Method;

Roughly break up the dill 'fronds'
Add the cress
Cut the lime and squeeze over the herbs.
Add the cheese and mix until smooth
Add the salt and pepper to taste (quark seems to require a lot of both)
Serve with 1 pack of ready to eat celery sticks and 1 pack of radish's.

Cheeseburger

Sins per serving: Original 2.5, Green 15*

Serves: 4

*(Use minced beef as a Healthy Extra and deduct 6 Sins per serving.)

Preparation and cook: approx 30 minutes plus chilling

Ingredients;

1 small onion

1 1/4lb/567g extra lean minced beef

3 tbsp freshly chopped parsley

Salt and freshly ground black pepper

1 level tbsp reduced calorie mayonnaise

2 level tbsp very low fat natural fromage frais

1 small red onion

1/4 cucumber

2 medium tomatoes

2 Little Gem lettuces

4 x 2oz/57g soft wholemeal bread rolls

4 Singles Light Cheese Slices

Method;

First prepare the burgers. Peel and finely chop the onion and place in a large bowl along with the minced beef, 2 tbsp chopped parsley and seasoning. Mix well with your hands (messy but very effective!) until combined.

Divide the mixture into 8 equal portions and form each into a burger shape about 4in/10cm in diameter. Place on a plate lined with baking parchment, cover and leave to chill in the fridge for 30 minutes.

Meanwhile, mix the mayonnaise and fromage frais, and adjust the seasoning if necessary. Cover and chill until required. Peel the red onion and slice thinly into rings. Thinly slice the cucumber and tomatoes and shred the lettuce. Place them all on a plate, cover and chill until required.

Heat a large non-stick frying pan until very hot and gently press the burgers into the pan - you may need to cook the burgers in 2 batches. Cook for one minute, turn over and cook for a further minute to seal. Lower the heat to a medium heat and cook for a further 5-6 minutes, turning frequently, until cooked through. Drain and serve, layered in the buns with the salad, and a slice of cheese. Top each with the mayonnaise and sprinkle with remaining parsley and black pepper.

Cheesecake - (Almost) (Lisa Feinson)

5 sins on both days
(depending on how many sponge fingers you use)

Ingredients;

1 sachet sugar free strawberry jelly (or whatever flavour you like) (2 sins)

2 tubs Quark cheese

1 carton silken tofu (8 oz)

OR

3 pots Quark cheese

3 tbs granulated sweetener

Boudoir sponge fingers crushed (1 sin each) however many you need for the base or you can use them whole. Just pour a little jelly over to soften them up.

Method;

Beat the cheese and sweetener together until creamy.

Make up the jelly with the amount of boiling water it says on the sachet but only add ½ the amount of cold water.

Add gradually to the cheese beating after each addition.

Line a springform cake tin with cling film, sprinkle the boudoir biscuits over the bottom then pour in the cheese mixture.

Leave to set in the fridge.

Suggestion;

This is great even if you just make up the filling. I pour it into the empty Quark pots as they have lids and keep it in the fridge when I get an emergency craving.

Cheesecake - Lemon & Lime

(3 sins per slice on both plans)

(Serves 10)

Ingredients;

10 Fox's Crinkle Crunch biscuits

3 egg whites

2 x sachets lemon & lime sugar free jelly crystals

1 lb/454g quark

250g very low fat natural cottage cheese

8oz/227g very low fat natural fromage frais

1-2 tbsp granulated sweetener

6oz/170g small strawberries } thawed if frozen

6oz/170g raspberries }

Method;

1. Grease and line an 8in cake tin with baking parchment.
2. Place biscuits in plastic bag and crush finely with a rolling pin
3. Beat 1 egg white in a bowl, add crushed biscuits and mix well.
4. Press evenly into cake tin, bake in oven Gas 5 /190oC/375 F
5. Dissolve jelly crystals into 1/2 pint boiling water and allow to cool
Put quark in a bowl and sieve in cottage cheese to remove lumps, beat with fromage frais, cover and chill
6. When jelly is cool, whisk remaining 2 egg whites until stiff, Beat liquid jelly into cheese mixture adding sweetener if required.
7. Fold in egg white mixture until well blended and pile on top of crushed biscuits, smoothing the top. Chill for 2 hours until set.
8. To serve, wash the fruit, hull strawberries and cut in half, remove cheesecake from tin and place on a plate, arrange fruit on top, decorate with mint leaves and dust with 1 tsp of icing sugar (optional)

Suggestion;

You could use frozen berries when fresh aren't in season, just thaw and spoon onto cake.

Cheesecake - Orange

1 sin per serving (serves 4)

Ingredients;

1 packet orange sugar-free jelly (2 sins)
142ml/1/4pt boiling water
454g/1lb very low fat natural cottage cheese
198g/7oz very low fat natural fromage frais
Juice of 1 orange (1 sin)
Orange segments, for decoration.

Method;

1. Dissolve the jelly in the boiling water according to the packet instructions and leave to cool.
2. Sieve (or liquidize) the cottage cheese and mix with the fromage frais, orange juice and cooled jelly.
3. Pour the orange mixture into a flan dish and chill in the refrigerator until set. Decorate with orange segments before serving.

Variation;

As an alternative, you could try using lemon jelly and the juice of a lemon.

Cheesy Egg Spread

Ingredients;

4 x hard boiled eggs

8oz very low fat cottage cheese

3tbsp reduced calorie salad cream (3 sins)

1oz reduced fat red Leicester cheese, grated (3 1/2 sins or part of healthy extra)

Mustard & cress to garnish

Method;

1. Chop the eggs and mash with the cottage cheese & salad cream.

2. Stir in the grated cheese. Garnish with the mustard & cress.

Variations;

Serve as a sandwich filling; on toast or crispbreads; or as a topping for a jacket potato.

Chicken and Bacon Paté

(Sin Free - Red)

Ingredients;

8oz chicken livers.

1 onion chopped.

1 clove garlic crushed.

1/2 teaspoon mixed herbs.

Salt & black pepper.

4oz bacon chopped.

Tub of very low fat fromage frais.

Method;

Put onion, garlic & herbs in pan and fry in fry light until the onion is soft, add liver and cook for about 7 mins. Put everything in blender and blend until smooth.

Add fromage frais a spoonful at a time until the consistency is the same as shop bought pate. *This is pure heaven ...*

Chicken and Bacon Quiche

(Sin Free - Red)

Ingredients;

4-5oz Lean Bacon
2 thighs or 1 chicken breast
3 eggs
8oz v.l.f. cottage cheese
Seasoning to taste

Method;

Slightly grill the bacon and chop it up.

Chop the chicken into bite size pieces and using Fry light, fry them.

Beat the eggs and add the cottage cheese, then add the bacon and chicken.

Mix everything together and pour into a Flan dish.

Cook in a preheated oven at 200oC, 400F or Gas Mark 6 for 15 minutes (ensuring the chicken is cooked through).

Chicken Chow Mein

(using chicken as healthy extra - so free on a green day)

Ingredients;

1 flap of dried egg noodles (boil for 4 mins)
1 tin of bean sprouts
Onion
Sweetcorn
Mushrooms
Soy sauce to taste
& chicken as healthy b

Method;

Dry fry onions (or use fry light) add chicken (if raw), when chicken is cooked add all other ingredients and heat through, serve with noodles.

This makes an enormous plateful. Excellent for one of those days when you just want to eat and eat!

Chicken Curry (Ushdev, Letchworth)

Red: 6 sins (Free if using frylight)
(serves 6)

Ingredients;

2 lbs chicken
1 tablespoon oil (6 sins)
2 onions, chopped
1 teaspoon ginger paste
1 teaspoon garlic paste
2 teaspoons salt
½ teaspoon chili
½ teaspoon turmeric
½ teaspoon garam masala
fresh coriander
VFF natural yogurt (optional)

Method;

Fry onion and ginger, garlic and tomatoes, add spices cook till it shines. Add chicken, cook until ready. Stir in natural yogurt, add coriander and serve with bread from allowance or Pitta bread (weigh to sin)

Cheesy Grilled Pepper Potato Topping

Method;

Cook half a red and half a yellow de-seeded pepper under a hot grill. Allow to cool and then peel them.

Chop the peppers up and mix with 1oz very low fat cheese, 1 tsp of oregano or coriander and salt and pepper.

Cut a baked potato in half and scoop out the flesh. Mix the pepper mixture with the potato flesh and spoon back into skin. Pop under the grill for 1-2 mins.

Chicken Fajitas

Sins per serving: 3.5 Original, 7.5 Green
(Serves 4)

Ingredients

283g/10oz chicken breast fillets, boned and skinned (15 Sins Green)
Juice of 1 lime
1 tsp dried oregano
1 tsp dried coriander
Fry Light
2 large onions, thinly sliced
1 red pepper, deseeded and cut into strips
1 green pepper, deseeded and cut into strips
1 garlic clove, crushed
1 red or green chilli, deseeded and finely chopped
Salt and freshly ground black pepper
4 x 28g/1oz soft tortillas (14 Sins)
4 tbsps very low fat natural yogurt
2 tbsps chopped coriander leaves
Lime wedges to serve

Salsa;

2 garlic cloves, roasted in their skins in the oven
3 tomatoes, skinned, deseeded and chopped
Half a red onion, finely chopped
1 red chilli, deseeded and chopped
2 tbsps chopped coriander leaves
Juice of half a lime

Instructions;

1. Cut the chicken fillets into thin strips and put them in a bowl. Pour the lime juice and herbs over the top. Cover and chill in the refrigerator for at least 30 minutes. Mix the salsa ingredients together in a small bowl, cover and set aside.
2. Spray a heavy frying pan or cast iron grill pan with a little Fry Light and heat it until really hot. Add the chicken strips to the pan and cook them, turning frequently, over a high heat, until they are cooked and golden brown. Remove and keep warm.
3. Add the onions, peppers, garlic and chilli to the pan and cook quickly over high heat, tossing them occasionally, until they are tender and slightly charred. Remove, season with salt and pepper, keep warm.

4. Warm the tortillas and divide the cooked chicken and vegetables between them. Top with a spoonful of yogurt and some chopped coriander, and then roll up. Serve with lime wedges and salsa.

Chicken Fricassee In White Wine And Mushrooms (Lisa Feinson)

Ingredients;

Olive Oil fry right
1-3 pound chicken, cut into 10 serving pieces and skinned
½ teaspoon salt
Freshly ground black pepper (6 turns of the pepper mill)
½ pound small button mushrooms
1 tablespoon finely chopped garlic
1/2 cup chicken stock
142ml Eisberg low alcohol wine (2 sins)
Juice of 1 lemon
4 tablespoons finely chopped parsley leaves

Method;

Heat a heavy skillet/fry pan. Sprinkle the chicken with salt and pepper. Put the chicken in the skillet in one layer and cook, uncovered, until browned, about 10 minutes.

Add the mushrooms. Turn the chicken and cook for another 5 minutes.

Remove all fat from the skillet. With the chicken in the skillet, add the garlic and stir. Add the stock and the wine. Bring to a boil. Add the lemon juice. Simmer until chicken is cooked through.

Sprinkle the chicken with parsley. Cover and cook for 5 minutes. You want about ½ cup of liquid. If there is more than that in the pan, reduce it over high heat.

Take off the heat and stir in a few tablespoons of fromage frais if you want a creamy sauce or just serve!

Chicken, Leek and Bacon Soup (Lisa Feinson) (1 Sin)

Ingredients;

2 pints fat free chicken stock (I used home made with all the fat skimmed off)
1 chicken oxo cube (1 sin)
1 pack diced chicken thighs
2 leeks finely chopped
4 cloves garlic , whole
1 tbs soy sauce
4 rashers bacon, diced
1 small Savoy cabbage shredded

Method;

Heat your stock and throw in the leeks, chicken, bacon, garlic and soy sauce. Simmer well until the chicken is cooked through.

Add in the Savoy cabbage and simmer until soft.

Crumble in the oxo cube and simmer again.

And Serve

Note: If you use fresh chicken stock when this gets cold it will jellify. This keeps for up to a week in the fridge.

Chicken / Meat Casserole

I use any part of chicken skinned, (i.e portions, drumsticks, thighs) dry fry (or use frylight), add onions, garlic fry for couple of minutes. Then add chopped toms, free veg like swede, carrots, mushrooms (anything you like) some stock made up from bovril, spices if you like. Bung in an oven for about 40 minutes on 200 C. This is sin free on a red day you can add potatoes but include as health B choice. You could also cook this on the top of the stove if wanted.

Chicken or Pork with a Honey & Mustard

1 sin per mixture which covers 2 steaks/breasts

Method;

Mix together 1 tsp of clear honey, 1 tsp of WHOLEGRAIN mustard and a large pinch of thyme. Baste pork steaks/chops or chicken breasts part way through grilling, with the mixture and when cooked squeeze lemon juice over. 1 sin per mixture which covers 2 steaks/breasts.

Chicken Stuffed with Garlic and Bacon (Lisa Feinson)

(Sin free - Red) 1 a used and 1 b

Use whatever herbs you like - it's an easy dish to tweak a bit.

Ingredients;

2 large chicken breast fillets

1 250g pot quark cheese

1 level tsp garlic salt or 1 whole clove garlic crushed

½ tsp onion salt

42g ½ fat cheddar grated (1 a choice) optional

2 tsp chopped parsley

2 rashers bacon, chopped finely

Method;

Grill the bacon until crispy.

Set aside until cool.

Mix the quark cheese with the grated cheese and spices then stir in the grilled bacon.

Put a chicken breast between two sheets of cling film and beat with a steak hammer or a rolling pin until flattened out like an escalope.

Do the same with the other one. Take off only the upper clingfilm sheet. The bottom one will help you roll.

Put a tablespoon of filling into the middle of each chicken breast, then, using the cling film, roll up into a parcel and wrap well in the cling film.

Pierce three holes in the cling film and cook in a microwave for 5 minutes on high. (850W) Leave aside to cool a bit, unwrap then finish off under the grill.

Serve with fresh vegetables or a jacket potato. (1 B choice)

Chicken Stuffed and Wrapped in Bacon

Ingredients;

1 small packet pork mince

1 beaten egg

1 red onion

1 tbspn dried sage

1 tbspn lemon juice

salt

black pepper

4 chicken fillets, skinned and boned

10 rashers back bacon

Method;

1. Put the pork mince, egg, onion, sage and lemon juice in a mixer and blend. Season with salt and pepper.

2. For each chicken fillet: Make a slit in the chicken. Stuff in the pork mixture, then wrap with 2 rashers of bacon to seal.

3. Bake in an oven at 180c for 30-45 minutes until the chicken is cooked through.

4. Transfer to a hot grill and grill under the bacon is crispy.

Chicken Tikka Massala

9 sins for the lot but 1/3 of this is a generous portion
I tend to go on a green day and use the Chicken as a B choice

Ingredients;

3 x 113g Chicken Breasts (cut into bite sized pieces)
1 Onion
1 clove garlic
1 tin of tomatoes
1/2 tsp Ground Ginger
1 small pot Natural Yogurt (99% fat free)
3 tbsp Pataks Tikka Massala Paste. (9 sins)

Method;

Chop the onion finely and dry fry for a couple of minutes. Add the Tikka Paste a fry for 2 more minutes.

Meanwhile chop finely the tinned tomatoes garlic and add the ginger and natural yogurt. (I tend to blitz these all in the Food Processor).

Add the tomatoe mixture and the chicken to the onions in the frying pan and simmer on a low heat for about 20-30 mins until the chicken is cooked.

Serve with rice on a green day.

Chicken Zorba

Ingredients;

Marinade:

juice 2 limes,
1 level tspn ground coriander,
1 level tspn ground cumin,
1/2 level tspn turmeric,
pinch salt,
1 tblspn
freshly chopped mint (2 tspns dried),
4 skinless chicken breast fillets.

To serve:

fat free fromage frais,
4 wholemeal pitta bread(1 = 1 healthy option),
mixed salad leaves,
sliced toms or halved cherry toms and
sliced yellow pepper.

Method;

Mix lime juice, herbs, spices & salt in bowl. Cut chicken into strips or bite sized pieces and add to marinade, mix well to coat, cover & leave to marinade in fridge for as long as possible but at least 30 mins, stirring occasionally.

'Dry fry' in frying pan/wok with marinade & a little water, add water as required (it dries out suddenly) until cooked. Heat the pitta under grill, cut in 1/2 crossways & make into pockets. 'Butter' with lots of fromage frais, stuff pocket with chicken & mixed salad & enjoy.

The use of napkins is advised as it can be messy eating!!

Chunky Sausage Casserole

Sins per serving = 1.5 sins.

(Serves 4)

Ingredients;

1 large onion,

8oz carrots,

1tsp dried mixed herbs,

1/2pt Bovril stock (although I used an oxo cube @ 1 sin),

12 Quorn sausages (6 sins),

500ml carton passata,

250gm pack chestnut mushrooms,

Salt & freshly ground pepper.

Method;

1. Prepare the vegetables; peel & finely chop the onion & peel and slice the carrots. Place the vegs in a large saucepan with the herbs. Add the stock, bring to boil, reduce heat, cover & simmer for about 5 mins or until vegs are just tender. Remove lid & cook for 2 mins until stock has reduced a little.

2. Preheat the grill to a hot setting and cook the Quorn sausages as per pack instructions. Remove from grill & cut into chunks.

3. Transfer the sausages to the vegetable pan and add passata. Bring to the boil, reduce heat, cover & simmer for about 5 mins. Wipe the mushrooms, cut in half & stir into the casserole along with the salt & pepper to taste. Continue to cook for 5-7 minutes until the mushrooms are tender & cooked through.

Serve immediately on warmed serving plates with green vegs.

Chickpeas Roasted (Sin Free - Green)

Method

Drain a can of chickpeas, sprinkle on salt or curry powder or chilli powder.
Spray a baking tray with frylight. Place chickpeas on tray and spray with frylight.
Bake in a hot oven until chickpeas are hard but not burnt. Takes approx. 40 mins.

I make a dip from fromage frais, onion, and garlic to go with them.

Chick Pea Curry (Ushdev, Letchworth)

Green: 6 sins. Free if using Frylight instead of oil.

(serves 6)

Ingredients;

2 onions chopped
1 tablespoon of oil (6 sins)
1 14 oz tin of chopped tomatoes
2 tins chick peas or red kidney beans (drained and washed)
1 teaspoon ginger puree
2 teaspoons of salt
½ teaspoon chili powder
½ teaspoon turmeric
½ teaspoon Garam Masala
Fresh coriander to garnish

Method;

Fry onions in oil till brown, add ginger paste and tomatoes, add all spices and cook til it makes a paste. Add peas, cook in the paste then add 1 cup of water, simmer for 2-5 minutes, add coriander and serve with rice.

Chips

Sins per serving: Free on Green / 8 on Original

Ingredients;

2lb / 908g medium sized Maris Piper potatoes
Fry Light spray
Crushed sea salt and malt vinegar (optional)

Method;

Preheat the oven to 240oC/475oF/Gas 9. Peel the potatoes using a potato peeler and remove any blemishes or 'eyes'. Slice lengthwise into approx 0.5in/1cm thick rectangular chips.

Bring a large saucepan of salted water to the boil. Add the chips and cook for 4 minutes. Drain and leave aside for 10 minutes to dry.

Return the chips to the dry saucepan, cover with a lid and shake to 'rough up' the edges of the chips - this roughness is important to the texture of the chips.

Spray a metal baking tray with Fry Light. Transfer the chips to the tray, spray lightly with Fry Light and bake in the oven for 20-25 minutes, turning occasionally, until golden brown on all sides. Drain them on absorbent kitchen paper and serve with salt and vinegar.

Chocolate Cake Cut into 8 pieces - 4.5 sins per piece.

Ingredients;

6 eggs
5 oz castor sugar
2 oz cocoa

Method;

Oven 350F / 180C / Gas 4/5

Line 2 x 8" tins or one square tin (shallowish)

Separate eggs - white into large clean grease free bowl and yolks into a smaller bowl.

Add sugar and cocoa to yolks and whisk thick.

Whisk whites until stiff peaks.

Place 2 tbsps whites into yolk mix, blend.

Add yolk mix to egg white, fold carefully with metal spoon.

Gently turn into tin(s) and bake for about 25 minutes. (Cake will shrink from sides).

Leave to cool for 5 mins (cake will sink!).

Turn onto wire racks and remove paper.

When cool, sandwich together with very low fat french fries, either plain or with added Option/Highlight and fresh fruit.

Can be kept for 3 days or frozen for 3 weeks.

I make large cake and freeze portions so I can add toppings at later date. Nice with Too Good to Be True ice-cream.

Chocolate Cheesecake (1)

(12 Sins)

Ingredients;

Filling

2 pots Quark cheese

2 tsp vanilla extract

1 sachet Cadbury's Chocolate Hi-Lites (whatever flavour you like)

5 tbs granulated sweetener (or to taste)

1 sachet of gelatin (if vegetarian use Veganin)

Base

20 Cadbury's Animal Cracker Biscuits (½ sin each)

Method;

Crush the biscuits to a powder and press into the base of a loose bottomed 8 inch cake tin.

Bake in a hot oven for about 10 minutes until the chocolate has melted then cool in the fridge.

Mix the cheese, extract and sweetener together.

Dilute the Hi Lites with boiling water and whisk in the gelatin then whisk into the cheese mixture.

Pour over the base and leave to set in the fridge.

The gelatin may not whisk in well - don't worry it still tastes great!

Try adding rum essence instead of vanilla

Chocolate Cheesecake (2)

0.5 sins per serving (Serves 4)

Ingredients;

227g/8oz very low fat cottage cheese

113g/4oz very low fat natural fromage frais

1 sachet Ovaltine Options, chocolate (2.0sins)

Canderel, to taste

1 Egg

Method;

Preheat the oven to 180C,350F or Gas Mark 4.

Place the cottage cheese, fromage frais and chocolate option in a liquidizer, add some Canderel to taste and blend until smooth.

Beat the egg and fold into the chocolate cheese mixture. Pour into an ovenproof dish and bake in the preheated oven for 20 minutes. Allow the cheesecake to cool before serving.

Chocolate Lumps (Lisa Feinson)

(1.5 sins each on either day)
Makes roughly 20 small 'lumps'

Ingredients;

5 oz wholemeal flour - 22.5 sins
2 sachets Hi Lites dairy fudge - 4 sins
8 good tablespoons granulated sweetener
1 tsp vanilla essence
½ tsp bicarbonate of soda
4-5 good teaspoons of vanilla yoghurt
1 egg

Method;

Mix all well together so it is of dropping consistency. Drop small spoonfuls onto a baking tray lined with non stick baking parchment.

Cook for 25 minutes on Gas 5/ 400 until hardened on the outside.

They can also be piped using a piping bag with a wide nozzle.

Warning: They are kind of more-ish....

Chocolate Mousse

1 sin per serving
(Serves 5)

Method;

Dissolve 1 sachet of gelatine in 100ml of hot water and allow to cool.
Mix together 3 sachets of cadbury's highlights (6 sins), a 500ml tub of fromage frais and 4 tablespoons of canderel (or whichever artificial sweetener you use).
Add the cooled gelatine and mix well.

Whisk together 2 egg whites until they have stiff peaks and then add the fromage frais mixture to the eggs, folding it in using a metal spoon. Put it in the fridge to set. I find that it is set after less than an hour.

Chocolate Mousse

Mix carton of Quark with 1tbsp of Cadburys Chocolate spread and sachet of Cadburys High Lite Drinking Chocolate. Add extra sweetner if you have a really sweet tooth! Voila chocolate mouse. This made about 4 servings and was totally gorgeous.

Chocolate, Strawberry and Orange Pavlovas

Serves 4

Sins per serving: 5.5 on Green and Original

Ingredients;

340g/12oz small strawberries
4 tbsp freshly squeezed orange juice
1-2 tsp granulated artificial sweetener
200g pot very low fat natural fromage frais
1 x 11g sachet Chocolate & Orange Options
1 level tsp cocoa powder
4 ready made meringue nests
Orange zest to decorate

Method;

1. Wash the strawberries and pat dry. Hull all but two of them. Slice the remaining strawberries and place half in a blender or food processor with the orange juice. Blend until smooth, then sweeten the puree with enough sweetener to taste. Cover and chill the puree and the whole and sliced strawberries until required.
2. Place the fromage frais in a small bowl and sieve in the Options and cocoa powder. Mix until well combined. Cover and chill until required.
3. Just before serving, spoon the chocolate fromage frais on to each meringue nest and pile the reserved sliced strawberries on top. Place on individual serving plates, and decorate each with half a strawberry and orange zest. Drizzle the strawberry puree on to the plate and serve.

Cook's Note

You can prepare these desserts in advance up to the end of Step 2, but always assemble them just before serving, as the fromage frais will dissolve the meringue.

Colourful Stir Fry (Lisa Feinson)

Ingredients;

1 orange pepper diced
1 yellow pepper diced
2 small red onions diced
1 clove garlic crushed
1 courgette washed and diced
4 or 5 large mushrooms sliced
6 oz frying steak (2 b choices on a green day free on red)
or 8 oz chicken cut into strips (2 b choices on a green day free on red)
light soy sauce - free
Jif lemon juice – free

Method;

Put everything into a bowl, douse liberally with soy sauce (free) and lemon juice, stir very well and leave to marinate for about an hour.

Heat a large frying pan, tip the whole lot in and stir fry until the meat is cooked through. You can put a lid on half way through and cook on a low heat - this will ensure the meat is cooked all the way through.

Serve over boiled/steamed rice or mix in cooked egg/rice noodles on a green day or eat on its own for a red day lunch.

This looks absolutely brilliant on the plate because of the colours and it tastes great as well. It's a nice way to use up your B choices on a green day.

Colourful Mediteranean Cous Cous (Lisa Feinson)

All Free on a Green Day

Ingredients;

6 baby zucchini halved lengthways
2 red onions quartered
2 large sweet red peppers de seeded and halved
3 large plum tomatoes halved
5 large mushroom sliced thickly
3 cloves garlic skin on
4 tbs plain yoghurt
2 tbs lime juice
2 tbs lemon juice

1 1/2 cups couscous

Method;

Grill the peppers until black then peel off the skin. Griddle the rest of the veggies so they have those nice black edges. The mushrooms I cooked in a griddle pan with those raised bits in olive oil Fry Right so they wouldn't dry out.

Add 2 1/2 cups hot water and a touch of salt to the couscous and let it stand.

Pop the garlic cloves in the oven in their skins and roast until soft then squeeze out the inner flesh and mix with the yoghurt and the juices. Chop about a cup of coriander and mix that in.

Chop all the cooked veggies, stir into the couscous then add the dressing mixing well. You need to fiddle with the dressing to get it right - I like it zesty so I had more lime. The tomato juices add to the dressing giving it a nice sweetness. Season with salt and pepper to taste. Just before serving sprinkle over some chopped coriander.

Corned Beef Bake

Sin Free - Red (Serves 1)

Ingredients;

227g (8oz) can chopped tomatoes
1 small onion chopped
1 teaspoon Worcestershire sauce
85g (3oz) lean corned beef sliced
seasoning to taste

Method;

Place the chopped tomatoes, onion and Worcestershire sauce in a pan. Add the seasoning and heat gently for 5 minutes

Turn into an ovenproof dish and top with the corned beef slices.

Cook in a preheated oven at 200°C, 400°F or Gas Mark 6 for 15 minutes

Variation;

You can vary the flavour by using different vegetables - try adding some garlic, chopped red pepper or sliced mushrooms to the tomatoes and onion.

Coleslaw

Mix 100g fromage frais with 1 tbsp weightwatchers salad cream (1 sin) add lots of grated carrot, white cabbage and onion.

Corned Beef Hash

Sin Free - Red / 9 sins per serving green day (Serves 4)

Ingredients;

1 med. onion
1 sm. green pepper
1/4pt beef stock made with Bovril
340gm can corned beef
400gm can chopped tomatoes with garlic
200gm pack cooked beetroot in natural juice
Salt & pepper
4tbsp VLF fromage frais
2tbsp freshly chopped chives

Method;

1. Peel & thinly slice the onion. Halve, de-seed and chop the pepper. Place in a saucepan along with the beef stock. Bring to the boil, cover & simmer for approx.5 mins.
2. Meanwhile, remove any excess fat from the corned beef & cut into bite-size chunks. Carefully stir into the onion and peppers, along with the chopped tomatoes, taking care not to break up the corned beef, and heat through for 3-4 mins.
3. Drain the beetroot and cut into small pieces. Gently stir into the corned beef mixture along with plenty of seasoning. Heat through, stirring gently, for a further 1-2 mins until piping hot.
4. Serve each portion with a spoonful of fromage fraise on top, sprinkled with fresh chopped chives and more black pepper if desired.

Corned Beef Quiche

Ingredients;

12oz corned beef
1 chopped onion
3 eggs
8oz v.l.f. cottage cheese
seasoning to taste

Method;

Put corned beef in microwave first to soften and add chopped onion. Put on the base of flan dish and press down firm.

Beat eggs with cottage cheese and add seasoning then pour over corned beef base.

Cook for 30 mins or until golden brown at 190 deg c.

You can have hot or cold, Enjoy!

Variation;

You could add chopped veg to the egg & cheese mixture - mushrooms, peppers etc. Can need baking for longer. I also know someone who doesn't bother making a base, she just mixes the whole lot together, taste the same!

Cornmeal Chocolate Muffins (Lisa Feinson)

Works out to about 0.6 of a sin each if you use the large muffin tins so call it a half sin each I guess. (½ a sin each on a Green day)

Ingredients;

1 ½ cups / 8 ounces Coarse Cornmeal/Polenta meal free on a green day only
1 large Egg beaten
1 teaspoon bicarbonate of soda
2 ½ pots of Mullerlight Toffee Yoghurt
7 - 10 tablespoons candarel/granulated sweetener
1 -2 tsp vanilla extract
3 sachets Caramel Options or Caramel/Dairy Fudge Hi Lites (6 sins)
½ oz sultanas chopped (2 sins) optional

Method;

Mix everything together well by beating with a balloon whisk for about 5 minutes. You will see the bicarb starting to react as tiny airholes appear. Spoon batter into a well oiled muffin pan (I used fry light and a 12 deep cup muffin tin, filling ¾ full. Bake at Gas 5/400 for 25 minutes or until risen. Don't bake them in paper cases as they stick like crazy.

You could mix in any fruit with these but remember to count as sins.

It's great to have a cake on a green day that works out to only 6 sins! (without the sultanas.) I used choc n orange options last time and added cinnamon and mixed spice. YUM! Brilliant dipped into a pot of toffee yoghurt. Or try gently warming a pot of vanilla yoghurt and eat them as a hot pudding.

- OR Line a 6 x 9 x 1 inch swiss roll tin with non stick baking parchment. Pour in the mixture and cook for about 40 minutes at the same oven temp as above until the middle is well and truly set. Turn out onto a cutting board and leave to cool. Cut in half widthways.
- OR Bake in an 8 inch loose bottom cake tin and serve as a cake.
- OR use the 4 tin yorkshire pudding tins. They make great little mock 'victoria sponges'.
- OR Mix one pot of Quark cheese (free) with 1 tsp vanilla essence and 1 tbs Candarel. Beat well. Spread over one half of the cooled cake. Spread the other half with a tablespoon of warmed low sugar jam (roughly 3 sins) and sandwich together. Heaven!

Cous Cous Cake

4.5 Sins for the lot on Green

Ingredients/Method;

4oz cous cous to that add quarter pint of boiling water and let it stand for about 5 mins to absorb water.

Don't leave too long at this stage as I think this is what makes it go rubbery. Add 2 eggs and 2 tbsp lemon curd and rind and juice of a lemon.

beat all that together, cook for 20mins don't leave too long in the oven either or you can cook in the microwave for about 5 mins.

When cool mix 4 oz quark with 1 tablespoon of lemon curd and a sweetener if you need it and spread on top.

Variation;

I took this to our class last night and everybody wanted the recipe. It is because of the lemon curd. I have also wondered about making it with almond flavouring in the cake and topping with low sugar jam and quark. (like bakewell tart) or adding dried mixed spice and a little dried fruit, like a hot x bun, or coffee and a toffee or vanilla mullerlight. or banana mashed in instead of one of the eggs and maybe some chopped dried apricots or fresh??

Creamy Tofu Based Dressings / Dips (By Friend G In Nyc (Lisa Feinson)

6 oz Soft or Silken Tofu

1/4 cup lemon juice or vinegar

1 tsp miso, or 1/4 tsp salt

or 2 tsp soy sauce

1 tsp Dijon mustard

Blend in food processor until smooth. Let sit for 15 minutes before serving.

Dressing can now be flavoured with nearly anything.

Such as ...

Garlic and Dill, 1 clove garlic and 1/4 teaspoon dill

Or Curry, 1/2 teaspoon curry powder, 2 tablespoons minced onion and 1 of parsley - Add to chicken or tuna salad

Or Cheese and Garlic, 28g grated Parmesan, 1 clove minced garlic, and parsley - good on pasta salad

Or Onion, 1/4 cup diced onion - great on baked potato

Or Ginger, 1 teaspoon grated ginger, dash of Tobasco, and parsley.

Curried Chicken Bake

Ingredients;

8 chicken thighs, skinned (but NOT boneless)
1 level dessertspoon ground ginger
1 level " " " Madras curry powder
1-2 heaped tsps turmeric
2 cloves crushed garlic
2 onions, finely chopped
300g v.l.f. natural fromage frais
salt & pepper
Fry Light

Method;

1. Place chicken in a casserole dish (with a lid) & season with salt & pepper
2. Mix powdered spices together & sprinkle approx. 2-3 tsps over chicken
3. Dot crushed garlic over the chicken & spray with fry light
4. Pierce each portion several times with a skewer or sharp knife. Cover and leave for a couple of hours for flavours to penetrate.
5. When ready to cook preheat oven to 180C (gas mark 4). Place casserole (uncovered) in oven for 30 minutes.
6. Meanwhile, 'fry' onions in fry light until slightly soft. Mix in remaining spices. Take off heat and add fromage frais.
7. Remove chicken from oven - add the onion/fromage frais mixture. Cover with lid and return to oven for 30-45 mins - basting a couple of times during cooking.

This is lovely with cauliflower

Curried Veggie Potato Topping

Method;

Chop 1/2 onion, thinly slice courgette and 4 button mushrooms. Put into a saucepan with 1/2 pint chicken stock made with bovril.

Cover it and bring to boil. Boil for 5-10 mins, reduce heat and simmer uncovered for 20 mins.

Stir in 1tsp curry powder, 1/2 tsp cumin, 1/2 tsp coriander and 1/2 red chilli.

Cook for 1-2 mins then stir in 4 tbsps very low fat natural yogurt. Heat through gently and put on top of the potato.

Curry in a Hurry

Fry some curry powder, onion and garlic in spray oil. Add prawns (or chicken) add a can of chopped tomatoes, puree, and a large tablespoon of branston pickle. This makes the best curry ever. It is the pickle that makes it!

Doner Spiced Meatloaf (Lisa Feinson)

Ingredients;

1 lb minced lean lamb
3 tsp dried mint
2 tsp cumin powder
1 tsp mint sauce OR 1 tbs chopped fresh mint
1 tsp garlic granules OR 1-2 cloves crushed garlic
1 tsp onion salt OR ½ a small onion minced
½ tsp sea salt
generous grind of black pepper

Oven Temp: Moderately hot / 375F / 190 / Gas 5

Method;

Put everything in a food processor if you want it ground finely for a smoother texture or just mix it all very well by hand. If you don't have a processor get the butcher to mince the meat twice or just knead the meat mixture with your hands until the texture smoothes out.

Form into a rough loaf shape and place onto a rack stood in a baking pan. If the lamb is really lean you don't need to do this. Bake in the middle of the oven for about an hour. It is quite a dense loaf so it must cook all the way thorough. I sometimes cook it in a loaf tin or shape into burgers and grill them. I use them as a snack for work on red days.

Doritos & Dip (Sin Free - Green)

For the dip:-

350gm passata with herbs
1 medium onion
2 lg garlic cloves
salt & black pepper
1 green chilli

for the doritos:-

1/2 pkt lasagne pasta sheets
Schwartz season-all seasoning
Fry Light spray

Method:-

1. Blend all the dip ingredients together and chill.
2. Boil the pasta until just soft. Drain & put on a plate.
3. Cover a baking sheet with foil & spray with Fry Light. Cut the pasta into bite-size triangular pieces and place on the baking tray. Spray with Fry Light & sprinkle with the seasoning.
4. Cook in the top of a hot oven until browned. Serve immediately with the dip.
5. Eat as much as you like and ENJOY!!!

Egg Fried Rice

Cook 1 lb of rice as normal. Drain off. Heat wok and spray with Fry Light. Pour in two beaten eggs and stir quickly. Add the rice, stirring all the time and transfer to ovenproof dish and put in the oven to keep warm.

Ferrero Rochers

10 Ryvitas = 12 1/2 sins.
4 tablespoons Nutella = 16 sins.

Crush ryvitas

Warm nutella in microwave for 20 seconds

Mix with ryvitas and put in very small cake cases (they hold about a heaped teaspoon)

This makes about 28 - 30 about 1 sin each

You could freeze them if you don't trust your self - they are scrummy!

Fruit Soufflé Omelette

Light, fluffy and a little bit special, this omelette is also quick to make. The recipe serves one, just use more eggs and make additional omelettes if serving more people.

Serves 1 Sins per serving: 1.5 on Green and Original

Ingredients;

2 eggs, separated

1 level teaspoon powdered artificial sweetener

0.25 teaspoon lard (0.5 Sin)

85g/3oz mixed berry fruits (strawberries, raspberries, redcurrants, blackberries)

artificial sweetener, to taste

1 level teaspoon icing sugar (1 Sin)

Instructions;

1. Beat the egg yolks with the artificial sweetener in a large bowl. Whisk the egg whites in a clean dry bowl until they stand in stiff peaks, then fold them into the beaten yolks with a metal spoon.
2. Heat the lard in a small frying pan or omelette pan and, when it is hot and sizzling, pour in the omelette mixture. Cook gently over a low heat until the omelette starts to set and the underside is golden.
3. Place the omelette under a preheated hot grill for 1-2 minutes, just long enough to lightly brown and set the top.
4. Slide the omelette out of the pan onto a serving plate. Top with the fruit, sprinkled with a little artificial sweetener, then fold the omelette over and serve immediately, dusted with icing sugar.

Variations;

Try these other fillings:

- * 57g/2oz stewed apple flavoured with cinnamon and sweetened with artificial sweetener (1 Sin)
- * 57g/2oz stewed cherries with artificial sweetener (1.5 Sins)
- * sliced banana and very low fat natural yogurt, sweetened with artificial sweetener.

Ginger Lemon & Lime Layer

11 sins for the lot
Serves approx 8

Ingredients;

Herbal Tea Bags x 2 (Lemon & Ginger)
Lime Sugar Free Jelly (2 sins)
Grapes, Bananas
Banana Mullerlight yogurt x 2
McVities Go-Ahead Ginger Crisp Biscuits (1 & half sins each biscuit)

Method;

Soak teabags in half pint of boiling water for 5 mins. Make up jelly using tea mixture and top up with water to 3/4 pt. Pour in dish and add grapes. Put in fridge to set. Slice bananas, arrange on top of jelly, then top with banana Mullerlight. Crush biscuits (approx 6) as a topping. This looks very pretty in a glass dish.

Green Chicken - Recipe 1 (Ushdev, Letchworth)

Red: 6 sins (free if using Frylight instead of oil)
(Serves 6)

Ingredients;

2 lbs chicken breasts cut into thin strips
2 bunches coriander (small pieces)
2 green peppers (cut into strips)
1 bunch spring onions
2 teaspoons salt
2 teaspoons ginger puree
2 teaspoons garlic paste
1-2 green chilies (chopped)
1 bunch coriander (washed and chopped)
1 tablespoon oil (6 sins)

Method;

Heat oil, add ginger, garlic paste and chicken and cook for five minutes. Add spring onions, green peppers and chilies and cook til chicken is ready. Add all the coriander and cook for further 2-5 minutes.

Green Chicken - Recipe 2 (Ushdev, Letchworth)

Red: 6 sins (Free if using Frylight)
(Serves 6)

Ingredients;

3-4 lbs chicken
2 cups spinach
2 cups green coriander
1 cup mint
1 cooking apple
2-3 green chilies
3-4 cloves garlic
2 teaspoons salt (to taste)
1 tablespoon oil (6 sins)

Method;

Mix all the ingredients and liquidize. Heat the oil , brown the chicken, add the mixture and cook until chicken tender.

Haddock (Poached) in Cucumber Sauce

Sin Free on Red / 7.5 sins per serving on Green
(Serves 4)

Ingredients;

4 Haddock fillets, skinned (30 sins on green)
113g/4oz cucumber, diced
1 small onion, diced
568ml/1 pint chicken stock made with bovril
2 tablespoons chopped fresh parsley
2 tablespoons snipped fresh chives
salt and freshly ground black pepper
fresh herbs, to garnish
1 lemon or lime, sliced, to garnish

Method;

1. Steam or poach the haddock for 6-8 minutes, or until cooked.
2. To make the sauce, put the cucumber, onion and stock in a small pan and bring to the boil. Reduce the heat, add the parsley and chives, and simmer for five minutes, or until the vegetables are tender.
3. Liquidize or puree the cucumber sauce until smooth. Season to taste with salt and pepper. Serve the haddock, surrounded by the sauce, with some free vegetables. Garnish with fresh herbs and a twist of lemon or lime.

Haddock (Smoked) with a creamy sauce

0.5 sins on Original per serving / 8 sins on Green per serving
(Serves 4)

Ingredients;

4 x 170g/6oz skinned smoked haddock fillets (30 sins on green)
142ml/0.25 pint of skimmed milk (2.5 sins)
113g/4oz very low fat natural fromage frais
freshly ground black pepper
2-3 tablespoons finely snipped chives

Method;

1. Put the smoked haddock fillets side by side in a large shallow frying pan. Pour the milk over the top, then set over a very low heat.
2. When the milk is simmering gently, cover the pan with a lid and leave for about 8 minutes, until the haddock is cooked and flakes easily.

3. Lift the cooked haddock out of the pan and transfer to a warm plate. Keep warm while you make the creamy sauce.
4. Stir the fromage frais into the milk in the pan and stir over a gentle heat for about 2 minutes, until blended and heated through.
5. Add a good sprinkling of freshly ground black pepper and the chives. Pour over the smoked haddock fillets and serve immediately with a fresh green vegetable, such as broccoli or green beans.

Hot Coconut Rice Pudding with Fruit Salad

Serves 4

Sins per serving: 3 on Green, 10.5 on Original

Preparation and cooking: approx 25 minutes

Ingredients;

170g/6oz short grain pudding rice, rinsed

426ml/0.75pt skimmed milk

1 medium mango

1 star fruit

Juice of 1 lime

2 tbsp no added sugar tropical fruit squash

4 tbsp canned coconut milk

2 tbsp Candarel

2 passion fruit, quartered

Method;

1. Bring the rice and milk to the boil in a pan, then simmer gently, uncovered for 20 minutes until the rice is soft and the milk is absorbed. Stir occasionally; keep heat low to prevent rice sticking.
2. Make the fruit salad: peel the mango and slice the flesh into thin strips. Thinly slice the star fruit. Mix fruit with the lime juice and fruit squash.
3. To serve, stir the coconut milk and Candarel into the cooked rice and pack into 4 x 0.25pt/142ml pudding basins, pressing down well.
4. Invert the moulds on to warmed serving plates and spoon the fruit salad around the rice. Serve accompanied with passion fruit.

Hummous (Sin Free - Green)

Ingredients;

Juice of half a lemon
Tin of Chickpeas (drained)
Half a pot of VFF Fromage Frais
Half a bunch of Spring Onions Chopped
Seasoning to taste

Method; Blend all the ingredients together and serve chilled.

Jamaican Jerk Chicken with pineapple Salsa

Ingredients;

4 boneless chicken breasts
Fry light
3 tspns lemon juice
1 tbs Jamaican Jerk seasoning

Method;

Slice chicken into strips, pour the lemon juice over, spray with fry light, sprinkle with Jerk seasoning.

Mix together, cover and allow to marinate in the fridge for at least an hour.

Grill, barbecue or stir fry until cooked

Serve with a little warm salsa and a large salad

Lentil Lasagne

Ingredients;

2 large onions, chopped
2 cloves garlic
2 sticks celery, chopped
3 medium carrots, chopped
2 peppers, chopped
1 big tin of chopped tomatoes
250/9oz brown lentils
1 tbs tomato puree or passata
1 bay leaf
sprig thyme
cloves
lasagne sheets
1 big tub of quark
grated LF cheese
salt, pepper, nutmeg

Method;

Cook the veg & herbs in the chopped tomatoes. If you have time, let it simmer for 2-3 hours. Add lentils and enough water to cover and simmer until lentils are cooked.

Make white sauce from 1 tub of quark, grated LF cheese, salt and pepper.

Use a large oven proof shallow dish. Put into the bottom some lentil mixture then pasta sheets, then sauce. Repeat finishing with the white sauce (you can add an egg to the quark here). Cover with cheese and bake in the oven for 20 minutes on 190C/375F/gas 5 until bubbling and brown.

Enjoy!

Lemon Meringue Snack Pies

If you buy the slimbran digestive biscuits in class, you can have 3 as a 'B' choice.

Take these and make a topping by using a tub of quark cheese mixed with 1 tablespoon of lemon curd (2 sins).

Pile the mixture on top of the biscuits and then crunch a Marks and Spencers meringue nest onto the top of them (another 2.5 sins).

You then have a lovely large midnight snack for 4.5 sins and a 'B' choice.

Lemon Mousse (Sin Free)

Ingredients;

Grated rind and juice of 2 lemons

8 level tbsp canderele

3 eggs separated

2 tbsp hot water

1 sachet gelatine

6oz very low fat fromage frais

1 egg white

pinch of salt OR cream of tartar

Method;

1. Put grated lemon rind and juice in a bowl with canderele and egg yolks. Stand over a saucepan of simmering water and whisk until lemon is colour (10- 15 minutes)

2. Pour hot water into a basin and sprinkle over gelatine - stand in a saucepan of simmering water until gelatine has dissolved.

3. Stir dissolved gelatine into lemon custard mix and leave until beginning to set. Fold the fromage frais into the setting lemon mixture .

4. Whisk the 4 egg whites with the salt or cream of tartar until peaking and fold the setting lemon mixture in with a metal spoon.

5. Pour into a mousse dish and refrigerate for 2 - 3 hours.

There you go - free lemon mousse - perfect for dinner parties or scoffing on your own!

Lentil Dhal (Serves 2 as a main course, 4 as a side dish)

Ingredients;

Mugful of lentils (red ones work well and you don't need to soak them first, or you can use other pulses to vary the recipe)

heap tsp turmeric

chilli powder (as much as you like)

garam masala (couple teaspoons)

pinch salt

as much garlic as you like

level tsp powdered ginger

handful fresh mint and handful fresh coriander (less if using dry herbs) roughly chopped

Couple tablespoons fat free fromage frais (or if you like coconut, you can use creamed coconut dissolved in a little water - but this has slight Sin value of 0.5 Sins per 57g)

Method;

Rinse the lentils very well until the water runs pretty clear. Cover them with plenty of cold water (about three mugs to every mug lentils used), add your chilli powder, turmeric and salt and bring to the boil. As it boils, bubbly foam will start to form on the top - keep an eye on it as it can boil over. Skim the foam off as it forms, as much as you can, stirring beforehand.

Once you've done this, turn the heat down so the dhal is simmering. If it's very watery at this point you can skim off a bit more liquid, but it will thicken up as you go along. Now add garlic and ginger. I prefer to use powdered ginger as fresh ginger can be a bit strong...but up to you...and I prefer to put in 4-5 whole garlic cloves and remove at the end, but you can also crush it and mix it in.

Let the dhal simmer for 10-15 minutes, stirring occasionally making sure it doesn't stick.

Then add half your herbs (smells good!) and with the heat right down, add your fromage frais or creamed coconut, let it simmer gently for a couple more minutes. Then stir in the garam masala, the rest of the herbs, and serve with basmati rice (see Recipe) and minty cucumber yoghurt.

Macaroni Hot Pot

Sins - Negligible on a Green day
(Serves 4)

Ingredients;

2 large onions sliced
2 garlic cloves crushed
1 red, 1 green and 1 yellow pepper deseeded and chopped
6 sticks celery chopped
113g (4oz) wholewheat macaroni
227g (8oz) can chopped tomatoes
2 teaspoons dried mixed herbs
568ml (1 pint) vegetable stock (1 sin)
57g (2oz) split lentils rinsed
57g (2oz) canned chick peas drained
2 teaspoons light soy sauce
freshly ground black pepper

Method;

1. Cook the onions, garlic, peppers and celery in 1 tablespoon water until they soften
2. Add all the other ingredients and bring to the boil. Cover the pan and simmer for approx 20 mins or until the vegetables and macaroni are cooked stirring occasionally

Mandarin Orange Surprise

5 sins for whole pudding - Green and Red days.

Ingredients;

298g Tin mandarin oranges in natural juice - drained weight 175g - 3 sins
450g very low fat set natural yoghurt
1 sachet of orange sugar free jelly - 2 sins

Method;

1. Chop up mandarins.
2. Dissolve jelly in $\frac{1}{4}$ pint boiling water.
3. Whisk together yoghurt and jelly.
4. Add mandarins.
5. Leave in fridge to set, for 2 - 3 hours.

Marrow (Stuffed)

Serves 2 or 3 (depending on appetite size!)

Ingredients;

1 large marrow washed, sliced in half lengthways & with seeds scooped out.

Filling:-

1/2lb/227g lean beef mince (red day) or quorn mince (free both days)

1 onion chopped

1 can chopped tomatoes

1 clove garlic

1 tsp dried mixed herbs

1 tsp bovril from jar

1 level tbsp tomato puree (1/2 sin)

seasoning to taste

Optional

peas, sweetcorn, mushrooms

Method;

Preheat oven to 170c

Make a bolognese sauce by softening the onions (mushrooms if being used) and garlic in stock made from Bovril. Add mince & simmer until browned (don't try to brown quorn) Add herbs, tin of tomatoes & tomato puree and allow to simmer for about 5 mins.

Place 2 halves of marrow on enough foil to 'wrap' them on a baking tray. Fill 'boats' with mince mixture, cover & bake in oven for about 40mins.

Serve with plenty of fresh veg.

(scoop out of skin to eat)

or

Stuff a marrow with savoury mince, tomatoes, onions, herbs, a bit like a bolognese sauce. Cut the marrow in half lengthways, scoop out seeds, fill 'boats' with bolognese wrap in foil & bake in mod/hot oven for about 40mins until marrow is soft. If you use quorn mince its totally free on green.

Mock Onion Bhajias (Lisa Feinson)

SW advise that because this is not the 'intended' use for cornmeal/polenta that we should treat them as sins just in case but neither myself or my consultant friends do so. One or two consultants have said that if you do make them and are still losing then fine! If your weight loss isn't as good as you expected then reduce the amount of them you eat accordingly and see if that helps. If you see what I mean...It's just nice to have a far lower sin alternative to things.

Ingredients;

1 1/2 cups (8oz) coarse ground cornmeal/polenta free on a green day ONLY
2 large Eggs beaten
1 tsp bicarbonate of soda
2-3 small pots plain yoghurt
5 good squirts of Fry Light (sunflower oil flavour)
1 teaspoon salt
1 teaspoon garlic powder
1 tsp onion granules
1/2 tsp chilli powder or more to taste
1 large onion diced or shredded
1 tablespoon coriander chopped
1 tsp cumin powder
1 tsp coriander powder
1 tsp garam masala

Method;

Combine cornmeal, soda, salt and spices. Combine remaining wet ingredients; add to dry ingredients, mixing well. The mixture should be quite thick, dropping consistency I think it's called.

Add in the onion and the coriander and mix well.

Heat greased muffin pans in a 400 degree oven for 3 minutes or until very hot. Spoon batter into hot muffin pans, filling 3/4 full. Bake at 400 for 25 minutes or until lightly browned and starting to come away from the edges of the tin.

Once they are cooked, take them out of the pan and turn upside down. Bake again for about 10 minutes on high to dry the bases out. Cornmeal can go quite sticky because of the juices from the onions.

Eat hot, dipped into tomato ketchup or yoghurt and mint dip.

Mushroom Pate

Sin Free - Both plans
(Serves 4)

Ingredients;

1 medium onion, finely chopped
Fry Light for spraying
1 garlic clove, crushed
227g/8oz mushrooms, finely chopped
113g/4oz very low fat natural cottage cheese
salt and freshly ground black pepper

Method;

1. Fry the onions in Fry Light or dry fry them, add the garlic and cook until soft and just beginning to brown.
2. Increase the heat, add the mushrooms and cook for 6-7 minutes, Remove the pan from the heat and leave to cool a little.
3. Put the cottage cheese, the mushroom mixture and seasoning into a blender or food processor and blend until smooth. Chill in the refrigerator before serving.

Mushroom Risotto (Lee Donovan)

Ingredients;

1 onion
1 clove garlic
risotto rice
Chicken Stock (Bovril)
mushrooms
parmesan (healthy extra)
Quark

Method;

Heat fry light and soften garlic and onion.

Add risotto rice, slowly add chicken stock, cook until almost cooked.

Add mushrooms, simmer until cooked.

Add 28g parmesan and some soft cheese to make it really creamy and serve.

I add lemon juice to the stock and stir in a handful flat leaf parsley, roughly chopped, just before serving. Plus of course if you want to use some sins add a dash of white wine to the stock too.

Mushroom Soup

Ingredients;

1 lb mushrooms,
1 1/2 pints vecon stock (or marmite stock),
one large onion, garlic and loads of black pepper.

Method;

Cook together for 15-20 mins and then purée, stir in a bit of quark and Serve.

Mushrooms - Savoury

Ingredients;

2 very large open mushrooms
1x227g tinned chopped tomatoes
1x120g pkt Batchelors savoury mushroom rice
42g very low fat cheese (I use tesco mature 5)(from A or B option for 1 person)

Method;

Place each mushroom on square sheet tinfoil-turn up edges to make bowl shape around mushroom.

Spoon 1/2 tin toms onto each mushroom

Place on bake tray-cook 200c-20mins

Meanwhile cook rice as per instructions

Spoon cooked rice over m/rooms-return to oven for about 5 mins.

Remove-sprinkle grated cheese over top- grill for about 5 mins

Serve with salad

Pesto Sauce (Lee Donovan)

Ingredients;

1 tub quark
1 plant basil (yes the entire plant)
2 cloves garlic
1 oz cheddar cheese grated (or whatever you want to use must be strong though) Can't remember the sin value offhand.
1/2 tsp black pepper
light soy sauce
salt to taste

Method;

1, Wash off the basil leaves and peel the garlic.

2, Put everything into a blender and blend until perfectly smooth.

3, Put in the fridge for at least 24 hours.

4, Check seasoning and consistency (should be about the thickness of double cream.) Add more soy sauce if too thick.

4, Cook Pasta as normal and drain. Put back in the pan and add enough sauce to lightly coat the pasta (Not too much 250g dry pasta - 1-2 heaped tablespoons full).

Pasta Sauce - Chunky Vegetable (Sin Free on a Green Day)

Ingredients;

1 large onion, sliced
2 cloves garlic, crushed
2 courgettes, sliced
1 red pepper, sliced
1 large can sweetcorn, drained
6oz frozen peas
500ml-carton pasatta (sieved tomatoes)
1 tbsp italian mixed herbs, dried
Ground black pepper

Method;

1. Simmer the onion and garlic in a little water for about 5 mins until softened.
2. Add the courgettes, red pepper, sweetcorn and peas and simmer until the vegetables begin to soften, adding more water if necessary.
3. Add the pasatta, herbs and seasoning and simmer for about 20 minutes.
4. Serve over a large bed of cooked pasta shapes.

Pasta Sauce - Creamy Mushroom

Fry (spray oil) mushroom , garlic, and spring onion, add balsamic vinegar and a huge dollop of low fat cream cheese or Quark. Add lemon juice, and mix into pasta.

Pasta Sauce - Creamy Tomato

Fry (spray oil) onion, small potato cubed, & garlic, add can of chopped toms, balsamic vinegar, fresh herbs. Boil until the potato is cooked. *Then blend the sauce till smooth. The potato and onion make it really creamy!!!* Better still, sprinkle a little bit of cheese (allowance) on top and bake in oven till melted.

Pasta Quiche

(Sin Free - Green)

Ingredients;

1 packet of Batchelor's Pasta N' Sauce (Cheese, leek & ham flavour).
4 eggs
Black pepper
Tomatoes

Method;

1. Make the Pasta N' Sauce according to pack instructions, using all water instead of any milk. Allow to cool slightly.
2. Whisk the eggs. Stir in the Pasta N' Sauce and mix well.
3. Pour into a large flan dish, top with the sliced tomatoes & cook in the oven @ 190'C/375'F/Gas 5 for about 30 minutes until the eggs are set and the top is golden.

Variation;

Reminded me (flavour wise) of Quiche Lorraine; very tasty & travels well when cold (ideal for picnics, pack-ups, etc).

You can also do this with a packet of Savoury Rice instead of the pasta, just makes yet another change.

Pasta With Passata And Chick Peas

Sin Free - green days (Serves 4)

Ingredients;

10 oz pasta tubes
Fry light
1 small onion, finely chopped
1 garlic clove, crushed
1 celery stick, finely chopped
15 oz can chick-peas, drained
8 fl oz passata
Salt and black pepper
Chopped fresh parsley, to garnish

Method;

Fry onion, garlic and celery until softened but not browned. Stir in passata and chick-peas, cover and simmer for 15 minutes.

Cook the pasta in a large pan of boiling, lightly salted water until tender. Drain the pasta and toss into the sauce, then season to taste with salt and pepper.

Sprinkle with chopped parsley. Serve hot.

Pork and Leek Burgers Serves 4

Sins per serving: Free on Red / 10.5 Sins on Green
(If you have the meat as a Healthy Extra B choice on the Green eating plan, reduce the Sin count of this recipe by 6 Sins per serving)

Ingredients;

1 medium leek
681g/1.5lb lean minced pork (42 Sins Green choice)
1 tablespoon freshly chopped sage or 1 teaspoon dried
Salt and freshly ground black pepper
2 tablespoons Worcestershire sauce
1 medium egg, beaten

Method;

1. Trim the leek, slice lengthwise and rinse under cold running water to flush out any trapped earth. Shake well to dry, then shred finely.
2. Place the pork in a bowl and add the leek, sage, seasoning and Worcestershire sauce. Bind together with the egg.
3. With wet hands, shape the mixture into 8 balls, then flatten into burgers about 2cm/0.75in thick.
4. Place in a wire barbecue basket and cook over hot coals for 5 minutes. Turn over and cook for a further 5-6 minutes until cooked through. Alternatively, place the burgers on a grill rack under a preheated medium/hot grill and cook for 8-10 minutes on each side.

Potato and Chick Pea Curry

Ingredients;

4 medium potatoes cut into large chunks
2 tins of chickpeas
2 medium onions chopped finely
2tsp garam masala
3tsp curry powder
1tsp turmeric powder
1tsp cumin seeds
2 pods of garlic crushed
1tsp fresh ginger roots grated
frylight spray
1/2 tin of tomatoes
1/2 tsp of chilly powder
1/2 pint of water

Method;

Put onions cumin seeds in non stick pan add frylight and cook till brown.
add garlic,ginger then fry for 2 min.

Add all spices then tomato then cook again for about 5min on low heat.

Add potatoes and a 1/2 pint water cook 10 mins.

Add chick peas cook till potatoes are cooked watching the water at all times.
sprinkle with fresh coriander.

Potato Pizza (Lisa Feinson)

Vegetables atop a crisp potato crust, with a smattering of tomato sauce and cheese. Who would've thought pizza could be so healthy and so good!

Ingredients;

4 potatoes, shredded

1 medium onion, grated

2 eggs, beaten

1 oz wholemeal flour (4.5 sins)

1 courgette, thinly sliced

1 pepper any colour, chopped

1 onion, thinly sliced

2 cloves garlic, minced

6 ounces firm tofu, crumbled or chopped very finely

2 tomatoes, sliced

2 tablespoons chopped fresh basil

passata or salsina

grated ½ fat cheese (you can use 1 A and 1 B choice on a green day - it gets you a lot of cheese!)

Method;

Preheat oven to 425 degrees F (220 degrees C). Coat a 12 inch pizza or baking dish with nonstick cooking spray.

In a large bowl, combine the potatoes, shredded onion, eggs and flour. Mix well and press into the prepared pan.

Bake for 15 minutes. Spray top of shell with cooking oil and bake for 10 more minutes. Place under grill for 3 minutes, until golden and crisp. Remove crust from oven but leave oven on.

In a large bowl combine the zucchini, green pepper, thinly sliced onion, garlic and tofu. Toss to combine.

In a large nonstick skillet/frying pan, saute vegetable/tofu mixture until vegetables are just tender crisp.

Combine the tomato sauce and basil.

Spread half of the sauce over the top to the potato crust. Top with the sauteed vegetables and sliced tomatoes. Pour the remaining sauce evenly over all. Top with the cheese.

Bake at 425 degrees F (220 degrees C) (Gas 6 I think) until cheese is melted or slightly lower heat if you want to make sure the veggies are cooked through. Slice into wedges to serve.

Potato and bacon fritters (Jan) (Green day)

Ingredients;

2 baking potatoes about 1lb in weight GRATED.

85g lean smoked bacon DICED = 1 healthy B section.

71g coarse ground polenta.

1 small onion CHOPPED.

1 egg.

Salt & pepper.

Fry light.

Method;

Put all ingredients in a food mixer/processor, and whizz together until it resembles a lumpy batter.

Spray a GOOD NON STICK fry pan with fry light and spoon about 4 tbsps in the centre to form a small pancake like shape, leave to cook on a medium heat for about 2-3 mins.

Then turn CAREFULLY as the top will still be runny, cook on other side for same if not brown enough cook till it is .

Keep warm under the grill and repeat till all the mixture is used up. serve with baked beans and quorn sausages.

*The polenta should be free as it is not a snack it is a main meal.
but if the recipe advisor says it is not free it will be 12 .5 sins for the whole mix that should make 8-10 fritters.*

Potato Cakes (Garlic) (Lisa Feinsons' friend Risa G, NYC)

(Makes 16 cakes, serving 8)

Nice to serve as part of a vegetarian main meal - try some fresh tomato salsa with these.

Ingredients;

2 1/2 lb red potatoes -- scrubbed & halved
12 cloves garlic -- peeled
3 tbsp cornmeal, + more for dredge (free on green)
2 tbsp fresh parsley -- chopped
1 lg egg and 1 lg egg yolk
2 tbsp low-fat milk (1.5 sins)
Olive oil fry right
Salt and freshly ground black pepper -- to taste

Method;

Place potatoes and garlic in a large pot of salted water. Bring to a simmer over medium heat and cook until the potatoes are just tender, about 20 minutes. Drain and return the potatoes (*unpeeled Risa said but I'm not sure about this. I used them peeled*) and garlic to the pot. Add cornmeal and parsley and coarsely mash everything together.

In a small bowl, whisk egg, egg yolk, milk and 2 or 3 good squirts of Olive Oil Fry Right. Stir the mixture into the potatoes. Season with salt and pepper. Spread the potatoes out on a large plate, cover and refrigerate. Chill at least 1 hour or up to 4 hours.

Preheat the oven to 450°F (or alternatively use the Grill) and place rack on lower third of oven. Form the chilled potatoes into 16 cakes. Put about 1/4 cup cornmeal in a shallow dish; dredge the potato cakes in the cornmeal and transfer to a tray.

If cooking the potato cakes on the grill, place two thicknesses of aluminum foil on the rack. Spray the foil with fry right. Set the potato cakes on the foil and cook until well-browned on both sides, about 6 minutes per side. (If cooking potato cakes in the oven, spray a non-stick baking sheet. Bake in the lower third of the oven until well-browned on the bottom, about 10 minutes. Turn over and bake until browned on the second side, about 10 minutes longer.)

Pumpkin Soup

Method;

I cook the pumpkin - diced in stock made from vecon - this is sin free veg stock. Add vegetables of your choice, eg, celery, carrots, a potato (to thicken it), a little fresh ginger, and a little curry powder.

Boil it all till soft, wizz through the blender, add salt / pepper to taste, cool slightly, then add a dolop of VFF fromage fraise, and enjoy!

Queen of Puddings

(3 sins - Green Day)

Ingredients;

3 Eggs

4 Tablespoons dry Cous Cous

2 Tablespoons Strawberry Preserve (no added sugar)

Drop of vanilla essence

Canderel (about 6 tablespoons)

Method;

Preheat oven to Gas Mark 6

Cover cous cous with boiling water and stand for 10 mins until water absorbed.

Mix in the yolks of the three eggs and about three tablespoons canderel and drop of vanilla and put it in a casserole dish and place in the oven for about 15 mins or until has solidified enough to spread jam on.

Meanwhile whisk up the three whites from the eggs until standing in soft peaks, and gently stir in 3 tablespoons canderel.

When cous cous and egg mix ready spread it with the jam and pile on the egg white mix and put it back in the oven for about another 15 mins or until the top has browned.

Quiche - Salmon and Broccoli

Ingredients;

Salmon

Broccoli

1 chopped onion

3 eggs,

8oz v.l.f. cottage cheese

seasoning to taste.

Method;

Par-boil a large handful of small Broccoli florets.

Dry-fry your chopped onions (or alternatively cook them with the Broccoli).

Grill your salmon fillet (for crunchy/nutty flavour) and flake.

Beat eggs with cottage cheese and add seasoning.

Stir the salmon, the broccoli and onion into this mixture, season and pour into your oven dish.

Cook for 30 mins or until golden brown at 190 deg c.

Quiche - Savoury Rice

Ingredients;

1 packet savoury rice (I used mushroom & pepper variety)

3 x eggs

Extra diced veg - eg. mushrooms, peppers, sweetcorn, etc (optional).

Method;

Cook the rice according to the packet instructions, allow to cool.

Whisk the eggs; stir the rice into the eggs along with any diced veg you are using.

Pour into a flan dish & bake in the oven at 190C/375F/gas 5 for about 20 mins until set & golden brown.

Once cooled, this can be sliced into wedges & holds it's shape very well. The taste can also be varied according to what flavour rice you use.

Quiche - Smoked Ham and Leek

Ingredients;

Smoked Ham (wafer thin)

2 x washed and sliced Leeks

3 eggs,

8oz v.l.f. cottage cheese

seasoning to taste.

Method;

Using a small amount of water, soften your Leeks.

Beat eggs with cottage cheese and stir in the Smoked Ham and the softened Leeks.

Add seasoning then pour over into oven dish. Cook for 30 mins or until golden brown at 190 deg c. You can have hot or cold, Enjoy!

Quiche - Tuna (Lisa Feinson)

Ingredients;

1 x Tin of Tuna
1 chopped onion,
3 eggs,
8oz v.l.f. cottage cheese
Seasoning to taste.

Method;

Soften the chopped onion in a little water.
Beat eggs with cottage cheese, stir in the Tuna and onion mix.
Season well and pour into oven dish.
Cook for 30 mins or until golden brown at 190 deg c.

Quorn Bolognese Sauce

Ingredients;

1 small red onion diced
1 fat clove garlic diced
1 pack frozen Quorn pieces, defrosted and chopped finely
1 tin chopped tomatoes
tomato puree to taste (1/2 sin per tbs)
2-3 tsp Bovril (free)
3 mushrooms sliced
½-1 tsp onion salt/granules

Method;

Fry the onion and the garlic in Fry Right until starting to brown at the edges. Add in the Quorn and stir until they take on a touch of colour at the edges.

Pour in the tomatoes and add purée - I used about a tablespoon. (1/2 a sin) Mix well.

Throw in the mushrooms, and in the bovril and add roughly ¼ - ½ a tomato tin of water. Mix well and leave to simmer.

Sprinkle in a pinch of Italian dried herbs - not too much, it's very strong and will overpower the dish. Sprinkle the onion powder and add salt and pepper to taste. Simmer for about half an hour. You could add chopped fresh basil leaves here.

Use as a substitute for meat sauce in a lasagna. Instead of white sauce whip up some Quark cheese with a little water, salt and nutmeg to make a sauce. Add an egg if you use it as a topping.

Quorn Casserole

2 sins per serving on green
Serves 2

Ingredients;

175g Quorn pieces
1 Onion (Chopped)
100g Mushrooms (Sliced)
195g tin sweetcorn
200ml stock made with Vecon or liquid bovril
1 tbs whole grain mustard
1 tbs cornflour
2 tbs 0% fat Greek Yoghurt
1 tsp Curry powder (Optional)
Salt and pepper to taste

Method:

In a large saucepan fry the onion in a little fry light and water until soft.

Add Quorn to heat through and start to brown. Add the mushrooms, sweetcorn, stock, mustard and curry powder (optional)

Bring to the boil, stir and then cover and simmer for 25 mins. taste and add seasoning if required.

Blend the cornflour with a little water, stir into the mixture and stir constantly until the mixture thickens.

Remove from the heat and stir in yoghurt.

Serve with potatoes, rice, pasta and or vegetables on a Green day.

Quorn Cottage Pie

Ingredients;

1 onion, peeled & finely chopped
300gm pack quorn mince
1 carrot, peeled & grated
1 x 400gm can chopped tomatoes
1tsp dried mixed herbs
2tbsp worcester sauce
1 x 107gm pack smash cheddar & onion

Method;

1. Heat a little water in a large saucepan. Add the onion and simmer for 5 minutes, stirring regularly, until soft.
 2. Meanwhile, spray a frying pan with fry light & fry the quorn mince until browned. Add to the pan with the onion.
 3. Add the carrot and tomatoes and cook for 2 minutes. Stir in the herbs & worcester sauce. Simmer gently for 20 minutes.
 4. Preheat grill to a hot setting. Put the quorn mixture into an ovenproof dish. Prepare the smash according to the packet instructions. Spread it over the quorn & score a pattern with a fork. Put under the hot grill until golden.
- Serve with a selection of free vegetables for a completely sin free main meal.

Quorn Curry Free on Red and Green

Ingredients;

- 4 small-medium onions, thinly sliced
- 1 pack frozen Quorn pieces
- 2-3 cloves garlic, crushed
- 1 tspo grated ginger if you like
- ½ pint beef stock made from 2 -3 tbs Bovril (or use chicken Bovril)
- 2 packed cups chopped fresh spinach optional
- ¼ pot Quark cheese
- 1 tbs whatever curry powder you like or to taste

Method;

Fry the onion in fry right until it starts to brown at the edges. It needs to be quite well browned. Add in the crushed garlic and fry well. Add in ½ the stock and simmer for about 10 minutes.

Add in the Quorn pieces and add a bit more stock if the Quorn isn't covered. Simmer well.

Taste the sauce to check for seasoning - remember Bovril can be quite salty so you probably won't need to add salt.

Add in as much curry powder as you like. You can add chopped fresh spinach in at this point. If you do, simmer for 5-10 until the spinach has wilted. Then turn off the heat.

Put the Quark in a bowl and gradually add 4-5 tbs of stock, tablespoon by tablespoon and mix well. Then pour back into the curry and mix well over a very low heat.

Serve over plain boiled basmati rice (If you heat the Quark too much it will separate.)

Quorn Lasagne

2 normal tins of macaroni cheese. Just dry fry bag of quorn mince, mix in carton of passata, onions and mushrooms if you want, 1/4 pt water and layer this with lasagne sheets and the macaroni cheese. Use some of your "A" cheese grated on the top and grill until browned / veggies cooked.

Quorn Omelette

Add some fresh herbs and a drop of tobasco sauce mixed in with 3 eggs and milk from allowance. I just cook it in a glass bowl in the microwave for a few min. stirring in between. Its a quick and easy meal and sin free!

Quorn & Potato Curry

Method;

Chop up 2 onions, 4 medium potatoes add 2 cans of chopped tomatoes, a couple of crushed garlic cloves, fresh or dried chilli, garam masala, cumin, turmeric or just use a curry powder if you prefer. Bring this to the boil then add a tin of drained chick peas, pack of quorn chunks and some frozen peas. Just keep this concoction on the hob for an hour and serve with rice.

Red Lentil Dahl (Ushdev, Letchworth)

Green 8 sins, 2 if using Frylight instead of oil
(Serves 6)

Ingredients;

8oz red lentils
2 pts water
2 teaspoons salt
½ teaspoon chili powder
½ teaspoon turmeric
½ teaspoon Garam masala
1 teaspoon black mustard seeds
1 tablespoon oil (6 sins)
1 level tablespoon tomato puree (2 sins)
fresh coriander

Method;

Wash lentils, add 2 pts of water and all the spices.

Bring to the boil and simmer until lentils dissolve.

Heat oil in frying pan, add mustard seeds until all crack.

Add to the Dahl and tomato puree.

Add fresh coriander and serve with rice.

Relish - Minty Yoghurt and Cucumber (Sin Free)

(makes 213ml/7.5fl oz)

Finely chop a quarter cucumber and a small onion and place in a small bowl.

Stir in 6 tablespoons of very low fat natural yoghurt and 2 tablespoons of freshly chopped mint or 1 teaspoon dried. Season to taste.

Relish - Sweet and Sour (Sin Free)

(makes 213ml/7.5fl oz)

Finely chop 113g/4oz fresh pineapple and place in a small bowl.

Halve, de-seed and finely chop a red pepper and 2 spring onions.

Mix into the pineapple with 2 tablespoons red wine vinegar and 1-2 teaspoons granulated artificial sweetener to taste.

Season and chill before serving.

Relish - Tomato BBQ (Sin Free)

(makes 213ml/7.5fl oz)

Finely chop a large beefsteak tomato and place in a small bowl.

Trim, rinse and finely chop a small leek and add to the tomato.

Stir in 2 tablespoons freshly chopped parsley and 1 teaspoon barbecue seasoning.

Chill until ready to serve.

Rice Pudding Sin Free

1 pint cold water
1/2 mug pudding rice
Canderel to taste
Nutmeg (optional)
2 tbsp vanilla essence (optional)
Mueller Light Vanilla Yoghurt.

Put 1 pint cold water into saucepan. Add the pudding rice and cook for about 15/20 minutes. Remove from heat and let cool down - at this stage you can use the optional items - when it is really cool down add one cold Mueller light Vanilla Yoghurt - tastes like Rice Pudding and its sin free.

Salsa

Ingredients;

6oz fresh pineapple, finely chopped
4 spring onions, chopped
1¼ oz red pepper, chopped
¼ inch of root ginger, grated
1 tbsp cider vinegar
1 tbsp candarel
3 tbsp barbecue sauce (3 sins)

Method;

Mix all ingredients in a small saucepan, warm over gentle heat

Savoury Muffins

Ingredients;

8oz medium ground polenta
1 large egg
1 tsp bicarbonate of soda
1 very large tub natural yoghurt (450g size)
1 tsp onion salt
2 oz sun dried tomatoes (1 sin)
2 tblsp chopped fresh basil

Method;

Mix top 5 ingredients well together (I used an electric mixer), then stir in the tomatoes and basil. Divide mixture into a well oiled (with fry light) 12 hole muffin tin. Bake at gas mk 5 for 25 mins.

Scan Bran Cake

4 scan bran softened in hot water then strain the water out.
1 weetabix.
1/2 cup canderel (or any other low cal sweetener
1 egg

So far this is 1 B choice or 5 sins.

The rest of the sins are in the flavourings. Please try some experimentation but two I've tried are:

1 toffee Options and 1 tbsp syrup
1 tbsp mincemeat + 1 tsp mixed spice.

Cook in microwave for 5 minutes - or until the sogginess dries out!

Scan Bran Fruit Loaf

Makes 12 slices at 2.5 sins each / 30 sins whole cake

Ingredients;

1 cup canderell
3oz mixed fruit
3oz wholemeal flour
1 level table spoon syrup
1 level table spoon black treacle
142ml skimmed milk
1 beaten egg
1 level table spoon mixed spice
6 scan bran
1 grated apple

Method;

Break up the scan bran till you have bowl of crumbs
Add canderel, fruit, and mixed spices
Pour milk over mixture and leave to soak for 2 hours
Add beaten egg, treacle, and syrup stir well
Add flour and mix to a sticky consistency
Pour mixture into 1lb loaf tin
Bake for 50 mins on gas 5 electric 375

Scan Bran Parkin

1 x Healthy B selection & 5 sins.

Ingredients;

28g porridge oats
4 Scan Bran (avail. from SW class)
1 tbsp. dark treacle
1 teacup sweetener
1-2 eggs, beaten
1-2 tsp ground ginger

Method;

1. Break the scan bran into pieces, pour on a little hot water to soften.
2. Once soft, mash with a fork. Add the porridge oats, sweetener, ginger and treacle. Mix well.
3. Add the beaten egg a little at a time until the mixture is soft but not runny.
4. Line a loaf tin with foil and spray with FryLight. Place the mixture in the tin at bake in a pre-heated oven at 180c for about an hour.

Scotch Eggs

Using Healthy B's - Sin Free on Red

Ingredients;

Walls 95% fat free sausages
Eggs
Scan bran (Healthy B)

Method;

Boil the eggs.

Using two of the sausages per egg, skin and mould the sausage-meat into rounds and flatten.

Wrap the sausage meat around the egg until completely covered and dip into a whisked egg mix. (the egg will help the broken scan bran to stick together a bit more but is not essential)

Then roll your sausage coated egg in the scanbran till evenly coated.

Place on baking tray. 180 for about 25 mins in a preheated oven.

Delicious served hot or cold with salad.

Very filling as a meal or even as a snack on those red days.

Southern Fries

Prepare as for syn free chips. Sprinkle the mixture below over the chips and cook as usual. You may find it better to add to part cooked chips about 30 mins before end of cooking.

1 tsp cajun seasoning
1/2 tsp chicken seasoning
1/4 herb powder
pinch salt

Mix together and sprinkle over chips

Spicy Schezuan Noodles

Ingredients;

227g/8oz dry egg noodles
227g/8oz very lean pork mince (100g = healthy B choice)
2 tbsps soy sauce
1 tbsp sherry (1 sin)
2 garlic cloves, crushed
1 tbsp finely chopped fresh root ginger (or use 'Lazy Ginger' out of a jar)
1 heaped tsp minced red chillies (sold in jars)
4 spring onions sliced
half a red pepper sliced
1-2 carrots cut into 'matchsticks'
small amount of broccoli chopped into smallish pieces (and I include the stem)
1 level tbsp Black Bean sauce (half a sin)
quarter of pint bovril chicken stock
salt & pepper
Fry light

Method;

1. Mix pork mince with soy sauce & sherry and leave to marinade
2. Dry fry pork until cooked and brown -leave on a low heat until required
3. cook noodles as per packet
4. Heat wok, using fry light, fry garlic, ginger, chilli's, spring onions, pepper, carrots and broccoli. Stir fry for 2 mins.
5. Add black bean sauce. Cook for 1 min. then add stock.
6. Reduce sauce until about half remains
7. Add pork and season to taste.
8. Add cooked noodles

Spray Oil - Make Your Own

Using a clean spray bottle, put 50mls of vegetable oil and 300mls of water. Shake it well before use.

Steak and Mushroom Pie

Sins per serving: 4 on Original, 16+ on Green*

*(but use beef as a Healthy Extra choice and deduct 6 Sins per serving)

Serves 4

Ingredients;

1 medium onion
681g/1.5lbs lean cubed braising steak
1 level tbsp cornflour
2 bay leaves
Salt and freshly ground black pepper
284ml/0.5pt beef stock
227g.8oz closed cup mushrooms
3 x 28g/1oz sheets filo pastry
1 medium egg, beaten

Method;

1. Peel and slice the onion and place in a pan. Remove all visible fat from the steak, toss in the cornflour and add it to the pan with the bay leaves and seasoning. Add the stock and about 142ml/0.25pt water to just cover the beef. Bring to the boil, cover and simmer for 1.5 hours until the beef is tender. Cool, then discard the bay leaves.
2. Preheat the oven to 220oC/425oF/Gas 7. Quarter the mushrooms and place in a 2pt pie dish. Add the beef and onions using a slotted spoon, and pour over about 200ml/7fl oz of the cooking liquid to come halfway up the dish. The meat will come to the top, but once the mushrooms cook down the level will sink.
3. Brush each sheet of pastry with egg, lightly scrunch up and place on top of the meat, pulling the sheets out to make sure all the meat is covered. Brush generously with egg and bake for 20 minutes. Lower the heat to 180oC/350oF/Gas 4 and continue to cook for a further 20 minutes until golden and hot. Serve with green vegetables.

Sticky Toffee Pudding

1 x Healthy B selection & 6 sins.

Ingredients;

4 Scan Bran (avail. from SW class)

1 Weetabix

1 tbsp. golden syrup

1 teacup sweetener

1-2 eggs, beaten

1 sachet of toffee options

Method;

1. Break the scan bran into pieces, pour on a little hot water to soften.
2. Once soft, mash with a fork. Add the weetabix, sweetener, toffee options and golden syrup. Mix well.
3. Add the beaten egg a little at a time until the mixture is soft but not runny.
4. Line a loaf tin with foil and spray with FryLight. Place the mixture in the tin at bake in a pre-heated oven at 180c for about an hour.

Stir Fry Green day - 5 sins if using meat as a B choice and Amoy sauce
- 2.5 sins for the lot if using meat as B choice and Blue Dragon sauce

Method

Heat wok.

Add Fry Light.

Add Beansprouts, cooked noodles, veg of your choice.

Add a teaspoon of water, soy sauce and cook for 2-3 minutes.

Place in ovenproof dish and put into oven.

Stir fry some shredded chicken, pork or beef in a hot wok for around 3 minutes and add Amoy sachet sauce or Blue Dragon sauce and cook for a further 2-3 minutes.

Serve with rice and stir fry.

Stir-fried shredded beef with ginger (Lisa Feinson)

Serves: 6

Ingredients;

500g (1lb) rump steak, shredded
1 teaspoon salt
2 cloves garlic, sliced
1 inch cube of fresh ginger grated
4 tablespoons soy sauce
2 tablespoons dry sherry (sins?)
4 spring onions, shredded
shredded root ginger and spring onion to garnish

Method;

Sprinkle the steak with salt.

Heat a wok or deep frying pan, add the garlic and a tablespoon of water and fry quickly until softened and lightly browned.

Add the meat and ginger and stir-fry for 2 minutes.

Stir in the soy sauce and sherry and cook for 1 minute.

Stir in the spring onions.

Stir and mix well until everything is cooked through.

Spoon onto a warmed serving dish and sprinkle with the ginger and spring onions.

Serve immediately.

Honeyed Orange Chicken (Lisa Feinson)

(Guilt Free)

Serves: 1

Ingredients;

Skinless chicken breast
1 Tablespoon runny honey (1.5 sins)
1/2 Teaspoon of garlic puree (negligible sins)
1/2 Teaspoon of grated Ginger

Method;

Dry fry chicken breast for 8-9 minutes until a light brown.

Combine the rest of the ingredients in a small bowl.

Remove chicken and coat in the mixture then transfer to a roasting tin and pour over the rest of the mixture.

Cook for a further 12 mins at gas 5.

Serve with plain rice and use chicken as a B or serve with stir fried broccoli.

Summer Fruits Muesli Layer

Ingredients;

Frozen summer fruits, thawed

Very low fat natural yoghurt

28gm / 1oz swiss style muesli

Method;

1. Reserve a raspberry for decoration, then place half the fruit into a tall stemmed glass.

2. Top the fruit with a spoonful of yoghurt.

3. Sprinkle a layer of muesli over the yoghurt.

4. Repeat with the remaining ingredients, finishing with a layer of muesli. Top the dish with the raspberry and serve.

Sweet and Sour Sauce 1.5 sins on Red and Green Days(Serves 2)

Ingredients;

1/4 pint of veg stock

4 tbsp white wine vinegar

2 tbsp lemon juice

2 tbsp soy sauce

pinch pepper

artificial sweetener

a little finely chopped onion

pineapple chunks

1tbsp cornflour 1 green pepper cut into strips

Method;

place all except cornflour into pan and bring to boil then simmer when onion soft mix cornflour with a little water and add to pan stirring at all times stir for 2 mins then serve and enjoy

Variation; Use quorn pieces, serve with lots of rice and its only 1.5 sins each.

Tandoori Chicken /Tikka Pieces (Ushdev, Letchworth)

Red: Sin Free (serves 6)

Ingredients;

4 whole breasts of chicken
2 tablespoons natural yogurt
1 tablespoon lemon juice
1 teaspoon ginger paste
1 teaspoon garlic paste
1½ teaspoon salt
½ teaspoon chilli
Colour optional

Method;

Marinate chicken 2-4 hours, grill or barbeque. For tikka, use onion and pepper in skewers and grill. Serve with salad and Yoghurt Dip (see recipe).

Thai Style Tofu and Eggplant/Aubergine (Lisa Feinson)

Ingredients;

1 packet firm tofu cubed(my one is a 250g block)
8 oz eggplant/aubergine cut into very thin slices
Fry Right
3 green chillis, deseeded and sliced (optional!) you can always dice yellow pepper
1 ½ tbsp light soy sauce
1 tbsp fresh lime juice
1 tsp salt
½ tsp ground black pepper
2 tsp sugar (sub. candarel)
handful of fresh coriander leaves

Method;

Drain the tofu on kitchen towel for 20 minutes.

Heat a wok over a high heat and add in the eggplant coating well with Fry Right.

Stir fry for 2 minutes.

Add tofu and stir fry for another 3 minutes or until browned.

Add the chillies if using, soy sauce, lime juice, salt, pepper and sugar

Bring to a simmer, cover and cook for 10 minutes. Then stir in the coriander.

Serve over chinese noodles

Thick Three Bean Soup

Ingredients;

1 tin Red Kidney beans
1 tin cannellini beans
1 small tin black eye beans
1 large carrot finely chopped.
2 medium onions finely chopped
2 tins chopped tomatoes
1 courgette chopped
3 sticks celery chopped
2 pints of stock (your choice - Bovril is ok)
1 tsp oregano
1 clove garlic crushed
salt and pepper to taste
1 glass red wine (optional)

Method;

1, Fry off the vegetables (except the tomatoes) in fry light until the onion is translucent.
2, Add everything else and cook for 30 mins on a medium heat.

Tiramisu 2.5 Sins per serving on Red or Green Day (Serves 8)

Ingredients;

198g/7oz very low fat natural cottage cheese
454g/1lb very low fat natural fromage frais
2 eggs, separated
42g/1.5oz Canderel
198ml/7 fl oz hot water
1 level tablespoon coffee
5 teaspoons rum (2.5sins)
16 sponge fingers (16 sins)
1 sachet Ovaltine Options, chocolate, for decoration (2 sins)

Method;

1. Blend the cottage cheese and fromage frais until smooth and free from lumps. Add the egg yolks and Canderel and blend until smooth.
2. Whisk the egg whites in a clean, dry bowl until they form stiff peaks, then lightly fold into the soft cheese mixture with a metal spoon.

3. Mix the hot water, coffee and rum in a bowl, and quickly dip in the sponge fingers. Use half of them to line a dish or 8 serving glasses. Spoon some of the soft cheese mixture over the top. Repeat with a layer of sponge fingers and then a final layer of cheese mixture.

4. Sprinkle the Options chocolate powder evenly over the top and chill in the fridge for at least 10 hours.

Tiramisu - For 1

4 Sins per serving
(Serves 1)

Ingredients;

1/2 trifle sponge (2 sins)

1 teaspoon cold strong black coffee

1 teaspoon brandy (0.5sins)

113g/4oz very low fat natural fromage frais

1/2 sachet Ovaltine Options, amaretto truffle (1.5 sins)

small dusting of coffee powder

Method;

1. Crumble the trifle sponge into a glass or dish. Sprinkle the cold black coffee and brandy over the crumbs.

2. Mix the fromage frais with the Options and spoon over the soaked sponge.

3. Chill the tiramisu in the fridge until required, minimum 1 hour. Just before serving dust the top very lightly with a little coffee powder.

Tofu Recipes

Slice tofu in half horizontally to make two 1cm thick blocks. Marinate in soy sauce for a while if wished. Then coat it in dry polenta, place on a baking tray and cook for about 20-30mins GM8.

Or, mix some polenta with water and coat the tofu with this like a batter. (its a bit hard to get it to stick) Cook as above. Serve both with sin free chips and mushy peas.

Freeze 1/2 a block of tofu overnight or longer. Defrost in boiling water and then squeeze dry. Mix with 1tsp kelp powder, 2tspb plain yoghurt, 4tbsp sweetcorn. Top a jacket potato with this.

Silken tofu : mix it in a food processor with banana or if you have some sins to hand cocoa, candarel and peanut butter.

Use it to replace the oil in hummus and the silken one to replace Quark in mousse recipes.

This one uses smoked tofu. Cube some smoked tofu into about 1cm cubes. Heat 1 small tin of pease pudding with some herb and garlic. Mix in the tofu and place in a baking dish. Bake for 20 mins at GM 4 and serve with veg. It is even better if you top it first with 57g breadcrumbs (6 sins I think).

Tomato Sauce

This is a nice, easy sauce and tastes quite rich too. You can double it up and freeze too.

Ingredients;

1 carton of passata (sieved tomatoes)
½ a large onion chopped very finely
1 clove garlic crushed
½ tsp dried oregano
½ tsp dried basil
pinch of sugar
1 tbs tomato puree (½ a sin)

Method;

Fry the onion in Fry Right until softened. Put everything else together into saucepan, bring to the boil and then simmer very gently for about an hour, stirring occasionally. Season well with salt and pepper and serve over pasta.

Variation;

Take off the heat then stir in half a pot of Quark cheese. You may need to add a little more salt to this one.

Or Add in ½ cup of chopped fresh basil.

Or Stir in 42g of grated mozzarella as a B choice (or 84g as 2 B choices)

Or Add in 85g / 3 oz chopped bacon as one B choice plus 1 tsp chilli powder to make Amatriciana sauce.

Tomato Soup (Rach)

Finely chop an onion and gently soften with fry light or just water. Add some chilli powder, or a fresh chilli and some paprika. Add a tin of toms plus half a pint of water and some dried basil - bring to the boil then reduce to a simmer. I added a dash of balsamic vinegar but you don't have to. Then to thicken it up use a slice (or two) of wholemeal breadcrumbs (Healthy B)I grated them but would be easier to use a processor.

Tomato Soup

4 sins per serving on both plans
(serves 4)

Ingredients;

1 medium onion
a few bay leaves
1pt vegetable stock
2 x 400gm cans chopped tomatoes
salt & freshly ground black pepper
2 level tbsp double cream (6 sins)
1-2 tsp canderel
4 slices nimble white (400gm loaf) (10 sins)

Method;

1. Peel & finely chop the onion. Place in a large saucepan with the bay leaves and 1/4pt stock. Bring to the boil, cover & simmer for 5 minutes.
2. Pour in the remaining stock & add the tomatoes and plenty of seasoning. Bring to the boil, cover & simmer for 10 minutes. Remove from the heat & stand for 10 minutes, then discard the bay leaves.
3. Transfer the soup to a blender or food processor & blend for a few seconds until smooth. Return to a clean saucepan.
4. Stir the cream into the saucepan. Heat through gently for 3-4 minutes, without boiling, until hot. Adjust the seasoning & add canderel to taste.
5. Meanwhile, lightly toast the nimble either in a toaster or under a preheated hot grill. Cut the bread into small cubes and keep warm.
6. Ladle the soup into warmed bowls and serve sprinkled with black pepper if liked, accompanied with the nimble croutons.

Tomato Lime Chilli Sauce HOT! (Lisa Feinson)

Ingredients;

8 fl oz passata
12 fl oz chopped fresh tomatoes with juice
juice of 1 lime
½ a fresh hot chilli seeded and finely chopped
2 oz chopped spring onions/scallions
½ oz chopped parsley
½ tsp cayenne
¼ tsp or more hot pepper sauce
1 tsp salt
¼ tsp black pepper
sliced lime

Method;

Combine all ingredients except the sliced lime and refrigerate for an hour or so before using

Garnish with lime and serve as a sauce with chicken or fish or as a dip for vegetables. Heat through for a zingy pasta sauce too.

Tropical Fruit Crunch

Ingredients;

4oz/113g fresh or frozen tropical fruits eg sliced mango, pineapple & Kiwi
1 1/2 oz/42g Kelloggs All Bran
200g pot Pineapple and Peach Mullerlight Yougurt

Method;

1. Place half of the fruit into a tall clear serving glass. Scatter with half of the All Bran and top with half of the Mullerlight Yogurt
2. Repeat these layers with the remaining ingredients and decorate with a few slices of fruit.

Vegetable Side Order

Thought you might like my life saving accompaniment with any foods. 1 leek sliced, 4 mushrooms sliced, 1 onion sliced, 1 teaspoon Lazy Garlic, stock cube crumbled over, boiling water to cover these ingredients in a small omelette pan, simmer until liquid has evaporated,(approx 5-10 mins.) So quick and sin free.

Vegetable Curry (lisa feinson)

Ingredients;

1/2 head of cauliflower cut into florets
large onion diced
1 tin chopped tomatoes in rich juice
1 tsp garlic salt or two cloves garlic chopped
1 tsp cumin powder
1 tsp coriander powder
1/2 tsp curry powder (whatever strength you like I used Korma)
4 cups of chopped fresh spinach
2 large potatoes cut into large cubes

Method;

Put the onions and all the spices into a large pan.

Spray with Fry-Right and add about a tablespoon or two of lemon juice.

Stir and fry until the onions are soft and all the spices are well mixed. If it's too dry add more lemon juice.

Add in the cauliflower and mix well to coat.

Add in the tin of tomatoes and then add in another half tin of water.

Put in the spinach and the potatoes and mix well.

Put the lid on the pan and simmer on a very low heat until the potatoes are done.

Serve over boiled/steamed rice

Variation;

You can add in green beans or butternut squash - whatever veggies you like. Or you could stir in some Quorn pieces too.

Vegetable Curry

Ingredients;

2 pounds closed cup mushrooms

1 sweet potato and 1 ordinary potato

4 courgettes

2 large aubergines

2 large spanish onions

3 tins chopped tomatoes

bunch fresh coriander leaves

lemon juice

1 tablespn. Canderel

2 tablespns. Oil

approx 3-4 inches ginger

2 long red or green chillies (if you like it hotter add more)

Dry Spices

1 tablespoon. Each of Cumin seeds, Mustard seeds, Ground coriander, Dhana Jeera, Garam Masala, Tandoori blend, Tumeric and Ground cumin, 1 tsp of chilli powder.

Preparation;

For this recipe it is important to prepare everything first as cooking then becomes simple

Wash, top and tail aubergines and slice lengthways into 4 slices. Approx. $\frac{3}{4}$ inch thick slices

Wash, top and tail courgettes and slice into bite size pieces.

Still preparation

Line 2 oven trays with silver foil and spray well with Fry Light.

Place aubergine slices and sliced courgettes on the trays and spray well again.

Bake in the oven until golden then turn re-spray and bake again taking care not to overcook the vegetables. (Aubergines burn easily)

When cool cut aubergines into pieces, scissors are good for this. Set aside aubergines and courgettes.

Peel both the potatoes and cut into bite sized chunks. Par boil until just soft but not enough to disintegrate. Drain and set aside.

Halve the mushrooms or even quarter them if huge, no need to peel if they are nice and white. Set aside.

Wash and de-seed chillies and cut into very thin strips. Wash, dry and de-stalk fresh coriander. Peel and grate ginger and set aside chillies, ginger and coriander leaves.

Peel onions and chop in quarters and then again leaving largish slices-set aside

Method;

Heat 2 tablspsns. oil in very large saucepan.

Add mustard seeds and cumin seeds. When mustard seeds start to pop they and the cumin seeds are liable to burn so keep a watchful eye. They also spit so be careful. Add grated ginger, chopped chillies and de-stalked fresh coriander leaves. Keep mixing for a minute until cooked.

Add chopped onions and keep mixing until edges of onions become light brown. At this stage the oil will be used up, but if you keep mixing there will be no need to add more oil. If necessary add fry light instead. When everything is cooked remove entire contents to a side dish.

Add mushrooms to the now empty pan and use fry light if necessary.

Mix until almost cooked through. Return mixture of onions, chillies, coriander and ginger to the large pan.

Mix well and add all the dry spices in one go to the pan stirring in well. Cook out the spices for a further 2-3 minutes and mix from time to time.

Add the 3 tins tomatoes and mix well. Add the pre-cooked vegetables ..ie. .potatoes, courgettes and aubergines and mix well. Turn down the heat and simmer for 20-30 minutes. Add S&P to taste

Vegetable Samosa Filling (Lisa Feinson)

Ingredients;

4 medium sized potatoes, unpeeled, boiled and cooled
Fry Light
1 medium onion, very finely chopped
6 oz frozen peas
1 tbs peeled and grated fresh ginger
1 fresh hot green chilli chopped (optional)
3 tbs chopped fresh coriander
1 1/2 tsp salt
1 tsp ground coriander
1 tsp garam masala
1 tsp cumin seeds roasted in a dry frying pan until they darken slightly
1/2 tsp cayenne pepper
2 tbs lemon juice

Method;

Peel your cooked taters and dice into 1/4 inch pieces.

Put the onion in a large pan, spray generously with Fry Right and heat over a medium flame until it turns light golden brown.

Add peas, ginger, chilli, fresh corinder and about 3 tbs water. Cover, lower heat and simmer until peas are cooked. Stir every now and again and if it seems to dry out add 1 tbs of water.

Put in the diced potatoes, salt, ground coriander, garam masala, cumin, cayenne and lemon juice. Keep on low and mix well. Cook gently, stirring frequently for about 5 minutes. Leave to cool.

Variations;

This is a fantastic filling for toasted sandwiches, or any sandwich for that matter.

Or use filo pastry to make your own baked samosas. Only 4 sins an ounce, and there's a lot of filo in an ounce as it's so thin.

Warm Spinach & Bacon Salad

Serves 2-3 so sin value depends on how many you share it with!

Ingredients;

Fresh Spinach (I prefer baby leaves-S'burys)
1/2 lb bacon
1 tablesp olive oil
hard boiled egg/s (chopped)

Method;

Fry bacon in oil. Be careful not to burn, but you want the crunchy bit on the bottom of the pan. Once fried remove from pan and drain off all oil except for one tablesp - keep crunchy bacon bits at bottom of pan.

To the hot pan add 2-3 tablesps Balsamic vinegar. Use this to deglaze pan and mix with oil and "crunchy bits". While still hot toss into fresh spinach.

Top with chopped bacon and hard boiled egg.

Weetabix Cake 3.5 sins on both red and green (Serves 12)

Ingredients;

2 Weetabix (6.5 sins)
113g (4oz) sultanas (16 sins)
142ml (5floz) skimmed milk (2.5 sins)
142ml (5floz) water
113g (4oz) self-raising flour (18 sins)
1 teaspoon mixed spice
14g (0.5oz) artificial sweetener
1 egg beaten

Method;

1. Preheat the oven to 180oC, 350oF or Gas Mark 4
2. Put the Weetabix and sultanas in a bowl. Pour the milk and water over the top and leave to soak up all the liquid.
3. Stir in the flour, mixed spice, sweetener and beaten egg.
4. Spoon the mixture into a 454g (1lb) lined loaf tin and bake in the preheated oven for 1 1/4 hours until cooked.
5. Cool on a wire rack before serving then cut into 12 slices.

Yogurt Dip (Ushdev, Letchworth) Free Red and Green

Ingredients;

VFF natural yogurt
Mint, chopped
Salt to taste
Green chillies, chopped

Method;

Mix well - ready to serve