

Cool Coleslaw

This is a really good recipe for coleslaw. Mayonnaise is very high in fat (even the low fat varieties), so this recipe uses a yoghurt and mayonnaise mix.

Leave the skin on the carrot, as a lot of the nutrients in vegetables are found in or just below the skin. Just give them a good scrub!

METHOD

1. Trim the outer leaves of the cabbage and remove the central core. Slice the remaining leaves finely using a sharp knife
2. Put in a large bowl with the carrot, pepper and onion
3. Add the mayonnaise and yoghurt, season with black pepper and give the mixture a good stir.



Ingredients

½ medium-sized firm green cabbage (e.g savoy) or white cabbage (250-300g in weight)
 1 large carrot, grated
 1 medium green pepper, de-seeded and cut into thin slices
 ½ onion, peeled and finely chopped

3 tbsp mayonnaise (low fat)
 3 tbsp plain yoghurt (low fat)
 2 tsp coriander paste. Alternatively use fresh herbs or leave out
 Black pepper

TOP TIPS Here are some tips and suggestions of ways to keep the cost of packed lunches down.

- You save money if everyone eats the same thing. For example, £1 won't go far if you allow each child the luxury of choosing the contents of his lunchbox. But £4 for 4 identical lunchboxes buys a great deal
- Avoid pre-prepared products such as salad bags and grated cheese – they are a lot more expensive
- Buy a water bottle which can be re-filled every day with tap water rather than buying bottled water
- Buy ingredients in season
- Resist pressure to buy heavily advertised and marketed products – you pay for the name
- Buy fresh products loose rather than pre-packed, as weight-for-weight they are cheaper, and you can buy the amount you need rather than some going to waste
- Shop towards the end of the day when shops are reducing their products that are close to their use-by-dates (use them up quickly, obviously!)
- Buy ingredients like dried fruit in the largest quantities possible and then divide into portions yourself – much cheaper than buying individual child-sized packs
- Starchy staple foods are comparatively cheap and filling so always include foods like granary rolls, tinned beans (in salads), pasta, and other breads.

DECEMBER 2008

mon 1	wed 17
tue 2	thur 18
wed 3	fri 19
thur 4	sat 20
fri 5	sun 21
sat 6	mon 22
sun 7	tue 23
mon 8	wed 24
tue 9	thur 25
wed 10	fri 26
thur 11	sat 27
fri 12	sun 28
sat 13	mon 29
sun 14	tue 30
mon 15	wed 31
tue 16	