



## LEFTOVER LOVELINESS

A quick way to make those leftovers in the fridge into something really tasty and creative to go with your lunch. Any left over veggies can be added. Here's how we made ours – but what's your favourite combination?



**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; cut using the bridge/claw technique; snip herbs with scissors; season to taste; garnish.

**Equipment:** Bowl, table knife, chopping board, measuring spoons, scissors, spoon.

**Allergens\*:** Mustard | Eggs | Milk | Soya

### Ingredients (makes 2 portions):

- 1 medium cooked potato
- 2 spring onions, snipped into small rings
- 2 tbsp sweetcorn
- 1 tbsp cooked edamame beans
- 4 cooked carrot batons
- 1 tbsp low fat mayonnaise
- 1 tbsp fat free Greek yogurt
- Black pepper
- Chives

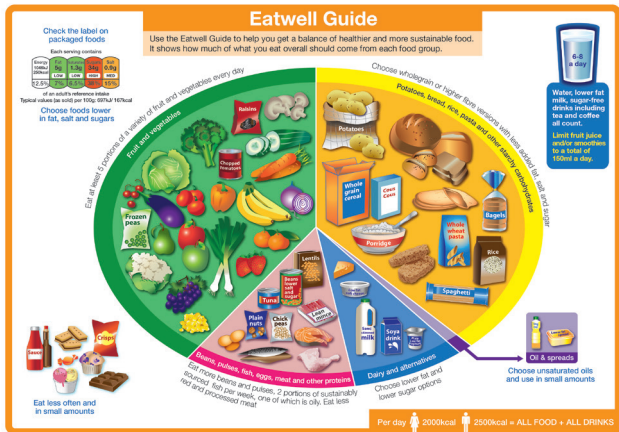
\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

### Method

1. Cut any large vegetables, like the potatoes, into small cubes of about 1 inch, and place in the bowl with all of the other vegetables.
2. Add the mayonnaise and yogurt to the bowl, along with the black pepper, and mix together until everything is covered in the dressing.
3. Snip some chives on top and serve.



## LEFTOVER LOVELINESS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 172g serving

|                  |                 |    |
|------------------|-----------------|----|
| <b>ENERGY</b>    | 649kJ / 155kcal | 8% |
| <b>FAT</b>       | 5.4g            | 8% |
| <b>SATURATES</b> | 0.6g            | 3% |
| <b>SUGARS</b>    | 5.1g            | 6% |
| <b>SALT</b>      | 0.34g           | 6% |

% of an adult's reference intake  
Typical values per 100g : Energy 377kJ /90kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Leftover Loveliness...

**Potatoes** are very nutritious and low in calories. If eaten with the skin on they are high in complex carbohydrates and fibre. They are a good source of vitamin C and B6, and minerals.



**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



**Greek Yogurt** is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.