

You could get  
**£4.25** per  
week with  
Healthy Start

# MAKING THE MOST OF YOUR HEALTHY START CARD



## Shopping list

1 can chopped tomatoes	£0.47
4 jacket potatoes	£1.19
1 courgette	£0.90
1 red pepper	£0.49
1 tin mixed beans/chickpeas	£0.49
1 med or 2 small onions	£0.20
<b>Total cost</b>	<b>£3.74</b>



## Same ingredients 3 different recipes. Serves 4



### **Veggie Chilli with jacket potato** (adapted from First Step Nutrition)

Scrub the potatoes & prick with a fork all over, place in hot oven for 40 minutes or until tender.

- Chop the onion, courgette & red pepper. Heat a large pan with 1 tablespoon of oil & add the chopped onions then add the courgette & red pepper.
- When vegetables have softened add the tinned chopped tomatoes, tinned mixed beans & 1 teaspoon of chilli powder. Simmer for 10-15 minutes



### **Mediterranean pie** (adapted from First Steps Nutrition)

Peel, chop and boil the potatoes & mash with a splash of milk. to make the topping. (Sunflower seeds for topping optional)

- Chop the onion, courgette & red pepper. Heat a large pan with 1 tablespoon of oil & add the chopped onion then add the courgettes & red pepper.
- When the vegetables have softened add the tinned tomatoes, tinned chickpeas & any extra herbs or spices. Top with the mashed potatoes & serve.



### **Potato wedges with roasted vegetables & tomato sauce**

Scrub the potatoes, cut into wedges & place in roasting tin with 1 tablespoon of oil. Cook in a pre-heated oven at 180°C/Gas Mark 6 for 30-40 minutes.

- Chop the onion, courgette & red pepper into large chunks, place in separate roasting tin (from wedges) with 1 tablespoon of oil and herbs of choice. Roast for 10 minutes. Drain chickpeas & add to the vegetables. Roast for further 15 minutes.
- To make the tomato sauce, place chopped tomatoes in small saucepan with 1 teaspoon of Worcester sauce. Simmer for 20 minutes.

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NHS  
WALES  
GIG  
CYMRU

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## Shopping list

1 bag (500g) mixed summer berries	£1.89
1 small tin of peach in juice	£0.49
4 medium bananas	£0.64
1 bag of apples/pears (4-6 small)	£0.99
<b>Total cost</b>	<b>£4.01</b>



Same ingredients 2 different recipes. Serves 4

### Fruit Smoothie

#### Ingredients

2 medium bananas, chopped, 1/2 can of sliced peaches, 250g frozen mixed berries, 200g plain natural yoghurt or semi skimmed milk

#### Method

- Place 250g frozen mixed fruit into a large measuring jug
- Peel and chop the bananas & add with the sliced peaches to the frozen fruit
- Add the plain natural yoghurt or semi skimmed milk to the jug
- With a hand-held stick blender (or masher) combine all ingredients
- Pour into a glass and enjoy! Serve with sliced apples



### Fresh Fruit Salad

#### Ingredients

2 medium bananas, chopped, 1/2 can of sliced peaches plus juice, 250g frozen mixed berries, 2 apples chopped

#### Method

- Place 250g frozen mixed fruit into a large bowl, add the peach slices and the juice
- Peel and chop the bananas and add to the bowl covering with the juice to stop them discolouring
- Lastly, slice and chop the apples and add to the bowl, again covering with the juice to stop them discolouring. Serve or keeps well in the fridge for up to 24 hours.

