

## **Bumper Bev's Bites (ProPoints Special)**

### **Beef Chow Mein Serves 1 – 14pp**

60g medium egg noodles (7pp)  
low fat cooking spray (1pp)  
125g lean stir fry beef (5pp)  
4 chopped spring onions  
60g mange tout  
80g chopped mushrooms  
80 beansprouts  
3tbsp oyster sauce (1pp)

Cook noodles in boiling water for 3 mins until tender. Drain & rinse in cold water.

Lightly coat a non-stick frying pan or wok with low fat cooking spray. Stir-fry the beef and spring onions for 1½ mins, then add the mange tout and mushrooms and cook for a further 1½ mins.

Mix in the beansprouts, noodles, oyster sauce and 1tbsp water, and heat through for 1-1½ mins, stirring continuously. Serve immediately.

### **Day suggestion = 17pp**

#### **Breakfast – cereal & fruit = 4pp**

Top 30g branflakes (3pp) with a sliced medium kiwi fruit, strawberries & ¼ pt skimmed milk (1pp). Or use an orange & apple.

#### **Lunch - Sweet chilli chicken tortilla = 6pp**

Dress 100g cooked chicken (3pp) with 1tsp sweet chilli sauce and 1tsp low fat mayonnaise, and spread over a medium soft tortilla (3pp). Top with a salsa made from chopped tomato, cucumber, red onion, fresh mint or coriander, a squeeze of lime or lemon juice and black pepper. Roll up & enjoy!

#### **Dinner - Pasta in Pesto Sauce – Serves 4 – 7pp each**

140g low fat soft cheese (4pp)  
100ml skimmed milk (1pp)  
1½tbsp green pesto (4pp)  
freshly ground black pepper  
160g dried pasta (16pp)  
150g turkey rashers cooked and chopped (4pp)

Put the pasta on to boil. Meanwhile soften the low fat soft cheese in a small saucepan, and gradually add 1-2tbsp of milk, until it becomes softer, then stir in the pesto. Heat the mixture over a low heat and gradually add the rest of the milk a little at a time, stirring continuously. Add turkey rashers & bring the sauce to a simmer, making sure it does not boil, serve immediately seasoning with black pepper. Serve with any steamed vegetables.

With all the daily suggestions in this booklet, make up daily allowance by adding the extras you enjoy to eat or drink, desserts, snacks or treats

**Day suggestion = 26pp with chicken yuk sung  
( 31 with pork yuk sung)**

**Breakfast - Porridge with fromage frais & raspberries = 6pp**

Make a bowl of porridge with 30g oats (3pp) and 230ml water, then heap 2tbsp low fat plain fromage frais on top (1pp) with 100g raspberries (1pp) (thawed frozen ones are fine) and 2 level tsp golden syrup (1pp).

**Lunch - Smoked Salmon Pitta = 7pp**

Dress 100g smoked salmon (3pp) with 1tsp low fat mayonnaise, and stuff in a pitta bread (4pp). Top with a salsa made from chopped tomato, cucumber, red onion, fresh dill or parsley, a squeeze of lime or lemon juice and black pepper. Roll up & enjoy!

**Dinner - Yuk Sung**

total made with chicken =, 13pp, made with pork = 18pp

450g minced pork (17pp) or chicken (12pp)  
1/4lb mushrooms, finely chopped  
1 large onion, finely chopped  
2 small tins water chestnuts, finely chopped  
WW Oil spray if necessary to fry  
2 garlic cloves crushed  
2 tsp Oyster sauce (1/2pt)  
1 tsp Sesame oil (1pp) Optional  
Iceberg lettuce

Put spray light in wok on medium heat. Fry onion and garlic until slightly brown, add mince and fry until brown. Add mushrooms and water chestnuts. Add seasoning, oyster sauce and finally add 1tsp sesame oil (optional). Drain excess oil and serve in iceberg lettuce leaves

**Day suggestion = 19pp**

**Breakfast - Fresh fruit Smoothie = 6pp**

Blend a large banana with 150g pot of strawberry low fat yogurt (3pp), 100g blueberries, 200ml skimmed milk (2pp) and 1tsp honey (1pp).

**Lunch - Butternut & sweet potato soup serves 2 - 3pp each**

200g / 7 oz butternut squash, peeled, deseeded and diced  
150g / 5 1/4 oz sweet potato, peeled and diced (4pp)  
750ml / 1 1/4 pts vegetable stock (3 vegetable oxo cubes crumbled into 750ml boiling water)  
1/2 tsp ground cinnamon 1/2 tsp ground nutmeg  
2 tbsp low fat fromage frais (2pp) or not low fat for 3pp

Add the butternut squash, sweet potato, stock, cinnamon and nutmeg to a large saucepan. Bring to the boil & simmer for 15 mins, or until the vegetables are tender. Season to taste with salt & pepper. Pulse the soup in a blender until smooth. Return the blended soup to the saucepan & tip in the fromage frais. Stir to combine and divide between two bowls.

**Dinner - Creamy Ham Pasta serves 2 – 10pp each**

120g dried pasta (12pp)  
200g frozen mixed vegetables  
200g wafer thin ham (5pp)  
80g Philadelphia extra light (2pp)  
Chicken oxo cube

Cook pasta with veg for 10 minutes,  
Crumble chicken oxo cube in approx 200ml boiling water and mix together with soft cheese in a pan whilst warming up on the hob. Drain pasta and veg and mix into sauce with ham.

## Day suggestion = 23pp

**Breakfast - 2 shredded wheat** (4pp), ¼ pt skimmed milk (1pp)

**Lunch idea – Crisp sandwich & fruit**, 9pp

Bag of Walkers Crisps – any flavour, 2 tsp low fat spread, 2 slices bread, fruit of choice

**Simplified Chicken Chow Mein** serves 4 – 9pp each (total 35)

150g (5oz) cooked chicken (cut into thin strips) (5pp)

1 tbsp oil (4pp)

¼ tsp white pepper

¼ tsp chopped garlic

½ lb dried egg noodles (25pp)

Bean sprouts (1 handful)

½ small onion (sliced)

½ tsp salt

1 tbsp dark soy sauce

1 tsp light soy sauce

1 tsp sesame oil (1pp)

Cook noodles by soaking in boiling water for 5-10 minutes or until soft to touch. Clean wok, heat wok until hot and slightly smoky. Add 2 tablespoons oil. Add the chicken and onions and stir-fry for 30 seconds. Turn to low heat and add the garlic and stir-fry for another 15 seconds.

Now add the bean sprouts and noodles. Stir-fry for 4-5 minutes or until the noodles are soft. Add the salt, dark soy sauce and light soy sauce.

Stir-fry for another minute. Finally add the pepper and sesame oil and stir in.

## Day suggestion = 21pp

**Breakfast - Smoked salmon & cherry tomato bagel = 8pp**

Slice a plain 80g bagel (6pp) in half and spread with 28g low fat soft cheese (1pp). Snip 40g smoked salmon(1pp) on top. Add 3 halved cherry tomatoes and sandwich together.

**Lunch – Coronation chicken jacket potato = 11pp**

Fill a 225g jacket potato with a

1 tablespoon Mayonnaise, Low Fat

1/2 teaspoon Curry Paste

splash Worcestershire Sauce

splash Lemon Juice

1 level teaspoon Half Fat Crème Fraîche

50 g cooked chicken cut into chunks

Black pepper

Whisk together all of the sauce ingredients (mayonnaise through creme fraiche), season and then mix in the chicken. When the potatoes are cooked, cut a cross in the top of each and spoon the chicken and sauce into each potato.

**Dinner - Fast Fillet Serves 1 = 8pp**

130g bass fillet (3pp)

1 lemon, (juice ½ and slice other ½)

¼ teaspoon capers

100g chopped vegetables

Wrap 130g bass fillet, lemon slices and juice of half lemon, fresh tarragon, 1/4 tsp capers and 100g chopped vegetables in parchment. Place on a baking tray and cook at 290°C for 15 minutes. Serve with 250g jacket potato.

## Day suggestion = 20pp

### Breakfast – Healthy cooked breakfast = 5pp

Grill 2 rashers of lean back bacon (2pp) and a large tomato. Serve with 3tbsp (105g) baked beans (3pp) and as many mushrooms as you like (grilled without fat or simmered in hot stock)

### Lunch – cheese on toast = 9pp

2 slices bread 4pp & 40g full fat cheese 5pp

### Dinner - Leek and mustard bake Serves 4 – 6pp each

700g baby leeks (wash & cut in half lengthways)  
50g low fat margarine (5pp)  
50g plain flour (5pp)  
600ml skimmed milk (6pp)  
100g low fat soft cheese with garlic & herbs (4pp)  
1 tbsp wholegrain Dijon mustard (1pp)  
50g low fat cheddar cheese (4pp)  
salt & pepper

Preheat oven to Gas Mark 5 / 190°C. Steam leeks for 5-10 minutes or until softened.

Meanwhile, melt margarine in a non stick saucepan and stir in the flour to make a ball. Remove the pan from the heat, add the milk and whisk until the roux ball is completely broken up into the milk.

Return to a low heat and whisk until the sauce thickens. Add soft cheese and mustard, season to taste. Place the steamed leeks in the base of an ovenproof dish. Pour over the sauce and sprinkle with the cheese, then bake for 15 minutes until bubbling and golden.

## Day suggestion = 25pp

### Breakfast – 20g puffed wheat (2pp) ¼ pt skimmed milk (1pp)

### Pub Lunch – Beefeater 7oz rump steak with chips (18pp)

### Winter Vegetable Hot Pot Serves: 4 at 6pp each.

2 Medium Onions, sliced  
4 Medium Carrots, sliced  
1 Small Swede, sliced  
2 Medium Parsnips, sliced (3pp)  
3 Small Turnips, sliced  
1/2 Medium Celeriac, cut into matchsticks  
2 Medium Leeks, thinly sliced  
1 Clove Garlic, chopped  
1 Bay leaf, crumbled  
2 Tablespoon Fresh mixed herbs, chopped (parsley, thyme)  
300 ml Vegetable stock (use 2 oxo cubes) (½pint)  
1 Tablespoon Plain flour (2pp)  
675g potatoes, thinly sliced (1½lb) (14pp)  
50g low fat spread (2 oz) (5pp)  
Salt & pepper

Preheat the oven to 190 °C / 375 °F Gas 5. Arrange all the vegetables, except the potatoes, in layers in a large casserole dish with a tight fitting lid. Season the vegetable layers lightly with salt and pepper and sprinkle them with garlic, crumbled bay leaf and chopped herbs as you go. Blend the stock into the flour and pour over the vegetables. Arrange the potatoes in overlapping layers on top. Dot with butter and cover tightly. Cook in the oven for 1 ¼ hours, or until the vegetables are tender. Remove the lid from the casserole and cook for a further 15-20 minutes until the top layer of potatoes is golden and crisp at the edges. Serve hot.

## Day Suggestion = 22pp

**Breakfast – Tropical All Bran = 4pp**, mix together 40g All Bran (3pp) with 50g sliced strawberries, 1 sliced kiwi, & ½ diced mango, pour over 1/4pt milk (1pp).

**Lunch – ½ can Beans on 2 slices toast (9pp)**

**Dinner - Chicken Fricassee Serves 2, 9pp each**

100g brown rice (10pp)

low fat cooking spray

2 x 125g skinless boneless chicken breasts

300ml chicken stock (use 1½ chicken oxo cubes)

110g carrots, peeled and cut into thick chunks.

150g button mushrooms, sliced

1 garlic clove, crushed

75g low fat soft cheese

Bring a pan of water to the boil and cook the rice according to the packet instructions. Drain well and leave to cool.

Meanwhile, lightly coat a deep, lidded, non stick frying pan with low fat cooking spray and heat until hot. Add the chicken and cook for 3-4 minutes until browned all over. Add the stock and carrots. Bring to the boil, cover and simmer for 10-15 minutes until tender. Meanwhile, lightly coat another small non-stick frying pan with low fat cooking spray. Add the mushrooms and cook, stirring, for 5 minutes until the juices have been released and evaporated. Add the garlic and rice and cook for a further minute, until hot. Divide between two plates. Remove the chicken and carrots with a slotted spoon, reserving the stock. Place the chicken and carrots on top of the rice. Keep warm. Return the pan with the stock to the hob. Boil quickly for 1 minute. Remove from the heat. Stir in the soft cheese. Pour the sauce over the chicken.

## Day Suggestion = 18pp

**Breakfast 5pp = 2 Crumpets served with 2 laughing cow low fat cheese triangles**

**Lunch idea – tuna mayo pitta bread serves 2, 7pp each**

Mix 1 tin 185g tuna chunks in spring water (drained) with 2tbsp low fat mayonnaise and with salad leaves, spring onion, tomatoes add to 2 pitta bread

**Dinner - Creamy mushroom pork serves 4, 6pp each**

Low fat cooking spray

125g chestnut mushrooms, slices

1 garlic clove, crushed

300ml vegetable stock

100g low fat soft cheese (3pp)

1 tablespoon wholegrain mustard (1pp)

4 x 125g pork loin steaks (22pp)

Lightly coat a saucepan with low fat cooking spray and, when sizzling, add the mushrooms. Cook over a medium heat until the mushroom juices have evaporated, about 7 minutes.

Add the garlic and stock and boil for 3 minutes until reduced by about a third. Whisk in the low fat soft cheese and mustard. Remove from the heat.

Preheat the grill to medium and cook the pork steaks for 8-10 minutes, turning once, until golden and cooked through.

Warm the sauce and serve spooned over the steaks.

Serve with cooked courgettes for no additional points.

## Day suggestion – 20pp each

### Breakfast – Beans of toast, serves 1, 9pp

½ tin baked beans  
2 slices bread

### Lunch – Roe & Potatoe Wedges 10pp

1 x 250g baking potato( 5pp) – microwave for 5m, then cut in 4 & spray with WW oil spray (1pp) & pop in hot oven to roast for 10- 15m  
2 x 100g slices tinned cod roe 4pp dry fried served with veggies of choice

### Dinner - Mushroom stir fry, serves 2, 1pp each

100g tender stem broccoli  
225g fillet steak, cut into strips  
low fat cooking spray  
2 garlic cloves, sliced  
25g fresh ginger, peeled and cut into matchsticks  
400g mixed mushrooms such as shitake, oyster, chestnut  
½ red pepper, de-seeded and diced finely  
3tablespoons teriyaki sauce (2pp)  
Juice of a lime

Cut the florets from the broccoli stalks and set aside. Then cut the broccoli stalks in half lengthways and then in half again to make short stems. Set aside. Heat a wok or non-stick frying pan until really hot. Spray and add the garlic and ginger and stir-fry for 1 minute. Add the mushrooms, pepper, broccoli florets and stalks. Stir fry for 3-4 minutes stirring occasionally until just tender, then add the teriyaki sauce. Remove from the heat, as it will bubble very quickly due to the heat of the pan. Squeeze over the lime, stir once more and serve immediately.

## Day suggestion – 17pp each

### Breakfast - Banana on 2 slices toast – 4pp

### Lunch - Frittata serves 2, 5pp each

This is great for using leftover vegetables, any combination will do! Spray a large non-stick frying pan with low fat cooking spray and cook about 6 chopped spring onions with a clove of chopped garlic until softened. Add in diced, cooked potatoes, defrosted peas, a sliced courgette and a handful of spinach leaves and cook until warmed through. Add in 5 beaten eggs, seasoned with salt and pepper and cook until set. Brown the top under a preheated grill and serve with a tomato salad. Save a portion for your lunchbox too.

### Dinner - Chicken Cordon Bleu Serves 4, 8pp each,

4 x 165g skinless boneless chicken breasts (16pp)  
100g low fat soft cheese with garlic and herbs (3pp)  
25g black olives in brine, drained and chopped finely (1pp)  
2 sprigs of fresh rosemary, each cut in half  
8 x 10g slices smoked wafer thin ham (2pp)  
low fat cooking spray (1pp)  
sat & freshly ground black pepper

Preheat over to gas mark 6/200°C/fan oven 180°C. Cut a pocket in the thickest part of each chicken breast. Mix together the soft cheese, olives and seasoning. Divide to fill each chicken pocket. Put a sprig of rosemary on top of each chicken breast and then seal the pocket and hold the sprig of rosemary in place with 2 slices of ham like a plaster. Spray with the cooking spray, transfer to a non-stick baking tray and bake in the oven for 15-20 minutes until cooked. Serve immediately. Serve with 100g new potatoes (2pp) per person and a mixed green zero points salad.

## Day suggestions = 21pp

**Breakfast = 8pp - Crumpets** x 2 (5pp) served with 2 teaspoons of lemon curd or jam (3pp)

### **Lunch – Sun dried tomato & mushroom pasta.**

Serves 2, 7pp each

80g dried pasta 8pp cooked as per instruction.

150g carton Dolmio stir-in sauce for pasta sun-dried tomato 5pp

Tablespoon sweetcorn 1pp

200g sliced mushrooms stir fried in a little water.

Mix pasta, mushrooms & sweetcorn with sauce warm through.

### **10 minute Beef Stroganoff Serves 2 – 6pp each**

Low fat cooking spray

220g lean beef steak cut into thin strips (11pp)

150g sliced mushrooms

8 sliced spring onions

¼ tsp ground paprika

150ml beef stock (made using ½ oxo stock cube)

4 tbsp very low fat plain fromage frais (2pp)

salt & black pepper

Heat non-stick frying pan & lightly coat with low fat cooking spray. Add the beef, followed by the mushrooms and spring onions. Stir-fry for 3 mins. Sprinkle in paprika then pour in the beef stock.

Bubble rapidly for 30-60 seconds until liquid is reduced and syrupy. Remove the pan from the heat and leave for about 1 minute, and then stir in the fromage frais and season to taste. Serve with pasta, rice or jacket for extra points.

## Day suggestions = 17pp

**Breakfast – 8pp** Crumpets x 2 = 5pp served with tomato puree & 40g low fat cheese 3pp

### **Lunch - Banana Smoothie, serves 1, 4pp**

made by mixing together

2 bananas

200g Low fat natural yogurt

½ pt skimmed milk

### **Bacon and onion mash serves 4, 5pp each**

600g floury potatoes, peeled and cut into even chunks (13pp)

1 large garlic clove

low fat cooking spray (1pp)

1 onion, sliced finely

2 rashers smoked lean back bacon (3pp)

3 tablespoons low fat fromage frais (2pp)

1 tablespoon snipped fresh chives

Freshly ground black pepper

Preheat the grill to medium. Put the potatoes and garlic into a saucepan and cover with cold water. Bring to the boil and simmer for 20 minutes until tender. At the same time, heat a lidded, non-stick pan and spray with the cooking spray. On a very low heat, cook the onion, covered, for 15 minutes, stirring occasionally until softened and caramelised. Meanwhile, put the bacon on a grill pan and cook for 5 minutes, turning halfway through until cooked and crispy. Drain on kitchen paper, then chop finely. Drain the potatoes and garlic thoroughly and return to the saucepan. Mash with a potato masher until smooth. Stir in the fromage frais, chives, cooked bacon and onion. Season with plenty of freshly ground black pepper & serve immediately.

## Daily suggestions = 19pp

**Breakfast – Banana Pancakes = 5pp** 2 scotch pancakes (4pp)  
topped banana & with 1 tbsp maple syrup (1pp)

### Lunch - Sweet chilli wraps, makes 2, 9pp

1 tin John west flaked crabmeat in brine (2pp)  
2 x Soft tortilla wrap (6pp)  
1tbsp Sweet chilli sauce (1pp)  
Diced cucumber, spring onion, and salad leaves.  
Mix together and roll in 2 wraps.

### Beef & Beer Casserole Serves 4 – 5pp

Low fat cooking spray  
400g lean stewing steak, cubed (12pp)  
2 finely chopped onions  
2 tbsp plain flour (4pp)  
2 finely chopped carrots  
200g chopped mushrooms  
300ml beef stock (made using 1½ oxo cube)  
150ml beer (2pp)  
salt & pepper

Preheat oven to Gas mark2/150 °C. Heat a non-stick flameproof casserole & spray with low fat cooking spray. Season and fry the beef on a high heat then add onions & stir-fry for another 5 minutes. Add the flour and stir to coat the meat. Add carrots, mushrooms and seasoning and stir-fry together for a minute or two, don't let the flour burn. Pour over the stock and beer and stir, mix together. Cover and place in oven for 1 hour, stir occasionally. If stew dries out, add a little more stock or water.  
Serve with Roasted butternut squash to make it a really filling meal.

## Daily suggestions = 21pp

### Breakfast – creamy mushroom on toast = 5pp

Simmer 200g sliced mushrooms in a non-stick frying pan with 6tbsp hot vegetable stock for 4-5minutes, until the liquid has almost evaporated. Stir in 40g low fat soft cheese (1pp) and heat through for a few minutes. Pile on top of two slices of wholemeal toast (4pp) and season with ground pepper. Add some snipped chives.

### Lunch - Ham Rolls= 11pp

2 teaspoon low-fat spread (1pp)  
60g wafer thin ham 60g (2pp)  
2 bread rolls (8pp)

### Fruity Tikka Masala serves 4 – 5pp each

400g breast cut into pieces (10pp)  
Tin Chopped Tomatoes  
250g mushrooms  
Bundle spring onions chopped  
75g Tikka Masala Paste (8pp)  
200g low fat plain yogurts (3pp)  
small tin pineapple drained  
½ mango chopped

In a frying pan, stir fry spring onions in a bit of water, after a couple of minutes add Tikka masala paste, stir for a minute or two then add chicken and after a few more minutes add tinned tomatoes, simmer for 15 minutes or until cooked. Finally stir the fruit and yogurt and warm through.

## Day suggestions = 19pp

### Breakfast – baked eggs with mushrooms = 4pp

Preheat oven to gas 4, 180°C, spray frying pan with WW oil spray & place over a medium heat. Add 50g chestnut mushrooms, sliced and fry for 3mins. Drain on kitchen paper then spoon into an overproof ramekin dish, season with salt & pepper & mix in finely chopped fresh parsley. Crack 1 medium egg into ramekin & bake for 10-15mins until egg is set serves with 2 crispbread.

### Lunch – Creamy Carbonara serves 2, 7pp each

Dolmio creamy carbonara stir-in sauce for pasta (5pp)  
80g pasta (8pp)  
200g mushrooms  
30g wafer thin ham (1pp)

### Dinner - Chilli Lamb Stir Fry, serves 2 – 8pp each

150g lean lamb leg steaks (cut into thin strips) (7pp)  
300g fresh stir-fry vegetables  
½ red chilli, deseeded and diced  
3 tablespoons light soy sauce  
2 x 150g Amoy straight to wok noodles (9pp)

Heat wok or large non stick frying pan, add lamb & dry fry until brown all over. Add the veg, chilli and 3 tbsps water. Stir fry for 3-4 mins until veg tender.

Add soy sauce and noodles and heat through. Serve.

Use 110g prawns (2pp) instead of lamb – 6pp each  
or 150g chicken breast (4pp) for 7pp each

## Day suggestions = 19pp

### Breakfast – Banana & honey yogurt – 3pp

Slice 1 banana into a 150g pot of 0% fat Greek yogurt (2pp) and drizzle over 1tsp honey (1pp).

### Lunch - Oven Roasted Pasta, serves 2, 6pp each

Dolmio oven roasted vegetables stir-in sauce for pasta (4pp)  
80g pasta (8pp)  
Either serve the above alone, or add to oven roasted zero veggies such as peppers, carrots, courgettes & mushrooms

### Dinner - Keema Concoction serves 4 at 10pp each

2 sprays of ww oil spray (2pp)  
350g pack of quorn mince (9pp)  
1 bunch spring onion(s), chopped  
250g chopped mushrooms  
1 yellow pepper, chopped  
125g cooked frozen peas (3pp)  
3 cloves garlic  
1 piece ginger, 2cm, fresh and grated  
2 tbsp curry powder (2pp)  
1/2 tsp cinnamon  
300ml vegetable stock using 1 oxo cube  
2 tbsp chutney, mango (4pp)  
400g oven chips (19pp)

Heat the oil in a large non-stick frying-pan and add the mince, add the garlic, ginger and onion and stir, then add mushrooms, and peas stirring well. continue frying gently for approx 5 mins. Stir in the curry powder and cook for a further minute, then mix in the cinnamon. Add the stock or water & chutney. Bring to the boil, then cover and simmer for 5- 10 minutes until cooked. Serve with oven chips.

**Daily suggestion = 23pp**

**Breakfast = 4pp**

30g cornflakes & ¼ pint milk with fruit of choice

**Lunch – eat out 7pp**

Subway = low fat beef, turkey or ham sub

**Dinner - Toad in the tin hole! Serves 4 12pp each**

(3 puds each), Prep time, 20m, cooking time 30m.

8 thin (40g each), low fat sausages (20pp)

1 tablespoon sunflower oil (4pp)

100g plain flour (20pp)

300ml (½ pint) skimmed milk (3pp)

1 medium egg (2pp)

150g open cap mushrooms, halved

2 tablespoons snipped fresh chives

salt & freshly ground black pepper

Lightly grill the sausages for 5 minutes. Preheat oven to Gas mark 6 / 200°C / 400 °F. Drizzle the oil over the base of a 20cm (8-inch) square non-stick tin and then heat in the oven while preparing the batter. Sift flour into a mixing bowl and make a well in the centre. Add the milk and egg and whisk thoroughly to form a smooth batter. Leave to stand for 10 minutes.

Add the sausages and mushrooms to the heated pan and return to the oven for 5 minutes. Add the chives and seasoning to the batter and stir well. Carefully remove the tin from the oven and pour the batter over. Return to oven and cook for 30 mins well risen and golden brown. Serve at once, allowing two sausages per serving. Use veggie sausages for a veggie option.

**Daily suggestion = 22pp**

**Breakfast = (12pp) 1 tbsp Peanut butter (5pp) & 2tsp jam (3pp) on 2 slices toast (4pp)**

**Lunch – zero pp soup (page 14 of Enjoy) with side salad**

**Dinner - Condom Chicken , Serves 1, 10pp**

165g Chicken breast (4pp)

1tbsp (28g) low fat soft cheese (1pp)

60g dried rice, cooked as per instructions. (7pp)

Place a medium chicken breast between two pieces of cling film and batten out with a rolling pin until it is the same thickness all the way along the breast. Season with salt & pepper. Keeping the meat on the cling film spread the centre of the flattened out chicken breast with a table spoon of low fat soft cheese (e.g. Philadelphia Light with garlic & herbs or use plain & add your own garlic and a few pinches of mixed dried herbs). Using the cling film tuck in the ends of the chicken and roll up the chicken along its length to form a long sausage shape so that the cream cheese filling is completely sealed in. Tightly roll up both ends of the cling film (like a Christmas cracker) so that the chicken is completely sealed and water tight. Poach the condom in gently boiling water for 10 mins or until the chicken is cooked through. Carefully remove from the water and drain, then open up the condom to reveal your condom chicken. You can brown the chicken at this stage if you wish using a calorie controlled oil spray in a frying pan until the condom chicken takes on some colour. When cut through the creamy garlic filling should ooze out. Serve with rice.

## Day suggestion = 25pp

### Breakfast – Smoked salmon & strawberries = 5pp

Arrange 60g smoked salmon (2pp) and 150g strawberries on a plate. Serve with 1 slice toast (2pp) and 1tsp low fat spread (1pp)

### Lunch = Eat out 14pp

Macdonalds cheese burger= 8pp, small fries= 6pp

### Dinner - Creamy mushroom risotto – serves 2 – 6pts each

Weight Watcher oil spray (1pp)

100g risotto rice (9pp)	300ml hot vegetable stock
175g chopped mushrooms	1 clove garlic, crushed
60g low fat soft cheese (2pp)	freshly ground pepper
a handful of roughly chopped fresh parsley	

Spray saucepan once with oil spray, add the rice and gently fry over medium heat for 2 minutes or until lightly golden. Gradually add stock and 150ml of hot water, then bring to the boil. Simmer for 20m or until tender and all the liquid is absorbed. Add a little more water if required during cooking. Spray frying pan with oil spray and add the mushrooms and garlic. Fry for 4-5m, until starting to brown.

Stir the soft cheese into the cooked rice. If the mixture is too thick add a little skimmed milk. Remove the rice from the heat and stir in the mushrooms, parsley and black pepper to taste. Serve immediately.

## Day suggestion = 20pp

### Breakfast = 4pp

2 weetabix (3pp), topped with a banana & ¼ pt skimmed milk (1pp)

### Lunch - Chinese Chicken Noodles serves 2, 10pp each

1 chicken oxo cube made up to 600ml with boiling water	
150g sliced cooked chicken breast (4pp)	
68g fine egg noodles (6pp)	120g thinly sliced baby corns
4 sliced spring onions	2 tsp soy sauce
Bread roll (4pp) & 1tsp low fat spread (1pp)	

Add noodles & baby corn to a pan of boiling water and cook for 3 mins, drain & rinse in cold water. Pour the stock into pan, add soy sauce & bring to a simmer. Mix in the chicken, spring onion, cooked noodles & baby corn and heat through for 1-2 mins until piping hot & serve.

### Dinner - Pasta in Pesto Sauce – Serves 4 –6pp each

140g low fat soft cheese (4pp)
100ml skimmed milk (1pp)
1½tbsp green pesto (3pp)
freshly ground black pepper
160g dried pasta (16pp)

Put the pasta on to boil. Meanwhile soften the low fat soft cheese in a small saucepan, and gradually add 1-2tbsp of milk, until it becomes softer, then stir in the pesto. Heat the mixture over a low heat and gradually add the rest of the milk a little at a time, stirring continuously. Bring the sauce to a simmer, making sure it does not boil, serve immediately seasoning with black pepper. Serve with any steamed vegetables.

## **Day Suggestion = 25pp**

### **Breakfast – Smoothie (4pp) made with**

200ml skimmed milk (2pp), 2tbsp 0% Greek yogurt (1pp) & 1tsp honey (1pp). Scrape the seeds from a vanilla pod with the back of a knife (or use vanilla extract) & add to the blender, blend until smooth.

### **Lunch Fish finger sandwich = 11pp**

Grill 4 Fish fingers (6pp), then mix together 1tbsp low fat mayo (1pp), diced cucumber & capers, serve on 2 slices bread (4pp),

### **Exotic chicken serves 4 – 10pp per serving**

1tsp olive oil (1pp)  
1 small onion, finely chopped  
4 chicken breasts, sliced (approx 165g each) (16pp)  
½tsp turmeric  
½tsp cinnamon  
100g Extra light soft cheese (3pp)  
275ml skimmed milk (3pp)  
150g ready-to-eat apricots, halved (8pp)  
50g sultanas (4pp)  
25g flaked almonds (4pp)

Heat oil in large pan and brown chicken over a medium heat for approx 5m. Add the onion, turmeric and cinnamon. Continue cooking for 3-4m until the chicken is cooked through. Stir the low fat soft cheese, milk, apricots, sultanas and almonds into the pan. Cook over a low heat for 8-10m, stirring occasionally until the soft cheese has melted and the sauce has thickened.

## **Day Suggestion = 23pp**

### **Breakfast – Muesli & yogurt 8pp**

50g Muesli (5pp) & 150g vanilla yogurt (3pp) & blueberries banana

### **Lunch – TLT Sandwich (6pp)**

2 Turkey rasher (2pp), lettuce, tomato, 2 slices bread (4pp).

### **Dinner - Spinach & Cheese lasagne – serves 2 – 9pp each**

Low fat cooking spray  
200g frozen spinach (defrosted and drained)  
100g low fat soft cheese with garlic and herbs (3pp)  
6 sheets dried lasagne (100g) (11pp)  
1 x 400g can chopped tomatoes  
50g low fat grated cheddar cheese (4pp)  
Salt & pepper

Preheat oven to Gas mark 4 / 180°C. Spray small ovenproof dish with low fat spray.

In a bowl mix together spinach & soft cheese, season with black pepper. Place two sheets of lasagne in the oven dish, spoon over half of the spinach mixture. Place two more sheets of lasagne on top and spoon remaining spinach mixture on to it. Repeat with the last two sheets, pour over the chopped tomatoes, season and sprinkle with grated cheese. Bake for 20 mins or until golden and bubbling.

## Day suggestion Total = 22pp

**Breakfast 4pp** - 30g porridge, cooked in water (3pp)  
topped with tinned peaches (drained of juice)  
& ¼ pt skimmed milk (1pp)

## Dinner - Roast Chicken dinner = 11pp

100g roast chicken 4pp  
250g potato, microwaved on high for 5, then cut in four & put in oven on high to brown and crisp 5pp  
Veggies such as cauliflower, broccoli, sprouts or carrots  
4 tsp bisto best gravy granules (2pp) prepared as direction.

## Tea - Picnic ham and eggs, serves 6, 7pp each serving = 2parcels

12 slices premium ham (14pp)  
12 low fat cheese triangles (6pp)  
12 eggs (22pp)

Take a muffin baking tray and spray each muffin tin with calorie controlled oil spray. Line each tin with a slice of good ham. (1pp) Unwrap a low fat cheese spread triangle for each muffin tin and place on top of the ham inside the tin.

Break a whole egg into each muffin tin on top of the low fat cheese. Season with salt and pepper.

Place into a pre heated oven 160c for ten minutes until the white of the egg is set and the yolk is just set. Take out of the oven and allow to cool. When cool remove each ham and egg parcel and wrap in grease proof paper.

Delicious low point alternative to scotch eggs.

## Day suggestion Total = 20pp

## Breakfast – Cheesy scrambled eggs = 7pp

Beat together 2 eggs (4pp), 2 tbsp skimmed milk, 4 halved cherry tomatoes & 1 tbsp snipped chives, season with salt & pepper. Heat a small non-stick pan with WW oil spray, add the mixture & cook, stirring over a medium heat for 2-3 mins until just set. Serve on 1 slice bread (2pp) with 1tbsp low fat soft cheese (1pp).

## Lunch – Ham & rice cakes = 3pp

Spread 2 tsp mustard over 3 rice crackers (2pp), top with 2 lettuce leaves, 1 sliced tomato, 4 slices of cucumber, 40g wafer thin ham (1pp) & 2 sliced gherkins. Serve

## Dinner - Sizzling steak stir-fry & noodles, 10pp each

150g pack Amoy Straight to Wok Thick Udon Noodles (6pp)  
1 tbsp tomato puree mixed with 100ml water  
2.5cm piece of fresh root ginger, grated finely  
100g lean frying steak, cut into thin strips (4pp)  
2 tbsp soy sauces  
4 spring onions  
100g beansprouts  
½ red pepper, deseeded and finely sliced  
low fat cooking spray  
150g sliced mushrooms  
bunch of chopped coriander

Heat a large wok (or non stick frying pan) and spray with low fat spray. Stir fry ginger for 10 seconds & then add the steak and stir fry for 2 minutes until it begins to brown. Add all the other ingredients (except noodles) and stir fry for 3 minutes, add noodles and stir fry for another 2 minutes. Serve.

## Day suggestion = 20pp

**Breakfast = 2pp** Tinned pineapple drained of juice, topped with 150g 0% Greek yogurt

## Lunch - Egg and cress Sandwich = 7pp

2 medium slice bread (4pp)  
1 medium hard boiled egg (2pp)mashed, mixed with  
1 tablespoon low-fat mayonnaise and 1 tsp mustard (1pp),  
& Cress Serve with fruit & side salad

## Chinese meatballs serves 4 – 11pp each

1 x 220g water chestnuts  
500g extra lean pork mince (19pp)  
½ tablespoon Chinese 5 spice powder  
low fat cooking spray  
2tbsp cornflour (4pp)  
3 tbsp dark soy sauce (1pp)  
1 red chilli deseeded and diced  
400g Oven chips

Put oven chips to cook as per instructions. Drain water chestnuts and chop 1/3 finely and mix with the pork mince and Chinese 5 spice powder. Shape into 20 meatballs. Lightly coat non stick frying pan with low fat spray and cook meatballs for 12 – 13 minutes over a medium heat, turning to brown them evenly. Meanwhile, mix cornflour and soy sauce together in a measuring jug then add 300ml cold water and the chilli. Slice the remaining water chestnuts in half and add these to frying pan, along with soy sauce mixture. Simmer for 2 minutes until the sauce is thickened and clear. Serve immediately.

## Day suggestion = 26pp

## Breakfast = Croque Monsieur 8pp

Spread 2tsp low fat spread (1pp) over 2 slices bread (4pp), place 30g wafer thin ham (1pp) on top of 1 slice bread and top with 20g grated low fat cheddar cheese (2pp), and season to taste. Place the other slice of bread on top & cook in a non-stick sandwich toaster for about 5mins or until cooked.

## Lunch - Chicken noodle soup 4pp

Bring 1.2litres (2pts) chicken stock to a steady simmer. Add 225g skinless chicken breast, sliced finely and cook for 5 mins. Add 100 dried egg noodles, 4 chopped spring onions & a medium red pepper, chopped, & simmer for further 5mins. Stir in 2tbsp soy sauce & 1tbsp fresh coriander before serving.

## Dinner – chicken balti serves 4, 14pp

Spray a large saucepan with WW oil spray. Sauté 1 large onion and 1 medium eating apple, chopped, for 2-3 minutes. Add 600g skinless boneless chicken breasts, cut into chunks. Cook for 2 minutes, then add 2 crushed garlic cloves, 2 sliced carrots, 400g can chopped tomatoes, 3 tbsp balti curry paste, 300ml (1/2 pint) chicken stock and 2 tbsp chopped fresh coriander. Simmer for 30-40 minutes. Meanwhile, cook 250g brown rice in salted, boiling water for 30-35 minutes. Drain well. Stir 50g thawed frozen peas into the curry. Heat for a few moments. Season. Serve, topped each portion with 1 tbsp plain low fat yogurt.

## Day suggestion = 29pp

### Breakfast - Tomato toast 3pp

Brown 1 medium slice of bread (2pp) under grill. When browned, spread the other side with 1tsp low fat spread (1pp). Slice 1 beef tomato and arrange the slices on top of the toast. Season the tomatoes and grill for 2-3 mins until the tomatoes are warmed through.

### Lunch – Eat Out 20pp

**KFC 1 breast (7pp), 1 thigh (6pp), regular fries (7pp)**

### Dinner - Chicken, bacon & peas & mash serves 2 – 6pp each

Salt & pepper  
2 x 165g skinless chicken breasts (8pp)  
low fat cooking spray  
2 slices chopped lean back bacon (2pp)  
4 chopped spring onions  
150ml stock made with ¼ chicken oxo stock cube  
100g frozen peas (2pp)  
1 little gem lettuce

Boil & mash 300g potatoes to serve with the following;

Season chicken breasts, spray a non stick frying pan with spray and brown the chicken for 1 minute. Turn chicken and add bacon to the pan – fry for 1½ minutes. Stir in spring onions & cook for 30 seconds until bright green, then pour in the chicken stock and bring to a simmer. Cover then pan, reduce heat & simmer for 10 minutes. Stir in frozen peas and lettuce, re-cover the pan and cook for 3-4 mins until peas are tender & lettuce has wilted.

## Day suggestion = 25pp

### Breakfast – 6pp Poached egg (2pp) & English muffin (4pp)

### Lunch - Rocket Cheesy Chicken Pasta serves 4 – 10pp each

250g dried penne pasta (24pp)      low fat cooking spray  
300g diced chicken breast (7pp)      3 tbsp pesto sauces (7pp)  
75g low fat soft cheese (2pp)      40g rocket leaves  
175g broccoli, (break into small florets)

Cook pasta according to packet instructions, add broccoli for the last 3 mins of cooking time. Heat a non-stick frying pan & spray with low fat spray. Stir fry chicken for about 8 minutes over a medium heat until golden brown and cooked through. Drain pasta and broccoli, reserving a little of the cooking water. Return to the pan and mix in the pesto, soft cheese and 4 tbsps of the cooking water until evenly coated. Stir in the chicken and rocket leaves & serve immediately in warmed bowls.

### Dinner - Honey and mustard pork serves 4 – 9p each

450g peeled & diced swede      450g peeled & diced carrot  
salt & pepper      low fat cooking spray  
4 x 150g lean pork steaks (26pp)      2 tbsp honey (8pp)  
2 tbsp wholegrain mustard (1pp)      juice ½ lemon  
Green cabbage

Boil swede & carrots for 15-20 mins until cooked, then mash and season to taste. When swede & carrots have been cooking for 10 minutes, put cabbage on to cook. Heat a large non-stick frying pan & spray with cooking spray. Season pork steaks & brown for 3-4 mins on each side or until cooked through. Mix honey, mustard & lemon juice together and pour over steaks. Cook for 1 minute more, turning the pork steaks to glaze them in the sauce. Serve with mashed carrot & swede and cabbage.

### **Day suggestion ideal for a Sunday total = 24pp**

**Brunch = 6pp** 2 slices back bacon (2pp) & egg (2pp)  
1 medium slice bread toasted (2pp)  
1 small tomato(s) sliced and grilled or tinned tomatoes  
portion mushrooms sliced and grilled

### **Aunt Bessies Lazy Sunday Dinner = 18pp**

Roast chicken breast (4pp)  
Aunt Bessie Yorkshire pudding (1pp)  
Aunt Bessie Stuffing balls x 2 (3pp)  
Aunt Bessie's Honey Glazed Roast Parsnips x 100g (4pp)  
Aunt Bessie's Roast Potatoes x 100g (4pp)  
Bisto Best Gravy Granules 4tsps (2pp)  
Zero veggies of choice

### **Supper - Scotch Broth serves 4, 2pp each**

115 g Lamb, Mince, Raw, lean  
30 g Pearl Barley, Dried  
1 large Onion, All Types, finely chopped  
2 medium Carrots, Old, Raw, finely chopped  
2 portion(s) (medium) Turnip, chopped  
2 medium Leek, thinly sliced  
Salt & pepper  
4 tablespoons Parsley, fresh

Dry fry the mince in a large saucepan for 5 minutes, stirring frequently to separate and lightly brown it. Pour on 1.2 litres (2 pints) of cold water. Bring it to the boil and then use a large, shallow spoon to remove any scum that forms on the surface. Reduce the heat, add the pearl barley and prepared vegetables and season with salt and pepper. Cover and leave to simmer gently for 50-60 minutes. Adjust the seasoning to taste. Stir in the parsley, ladle into warm soup bowls and serve immediately.

### **Day suggestion ideal for a Sunday total = 27pp**

**Breakfast - Smoothie (5pp)** made with 2 bananas, 300g 0% Greek yogurt (4pp), ¼ pt skimmed milk (1pp), 2 tsps coffee, 1 tsp cinnamon.

**Lunch – shop brought sandwich up to 10pp such as** Weight Watchers Triple Pack: Prawn, Egg & Chicken Sandwich

### **Healthy Cottage Pie serves 4 – 12pp each**

500 g Potatoes, Old, Raw, peeled and cut into chunks (11pp)  
500 g Sweet Potato, peeled and cut into chunks (13pp)  
400 g Beef, Mince, Extra Lean, Raw (22pp)  
1 small Onion, All Types, finely chopped  
1 medium Carrots, Old, Raw, finely chopped  
1 medium Courgette, finely chopped  
100 g Beans, Green, chopped  
1 teaspoons Mixed Herbs, Dried (as purchased)  
50 g Sweetcorn, thawed if frozen (2pp)  
4 teaspoons Gravy Powder / Granules, dry (1pp)  
Salt & pepper

Cook the potatoes and sweet potatoes in a large saucepan of lightly salted boiling water until tender – about 20 minutes. Meanwhile, heat a large saucepan and add the mince a handful at a time, frying over a high heat until browned. Stir in the onion, carrot, courgette, green beans and mixed herbs. Add 300ml (1/2 pint) water and bring up to the boil then simmer, uncovered, for 20 minutes. Preheat the grill and warm a large baking dish under it for 1 - 2 minutes. Drain and mash the potatoes, seasoning with salt and pepper. Add the sweetcorn to the mince mixture then sprinkle in the gravy granules, stirring until thickened. Season if needed, then tip into the baking dish. Top with the mash then grill until browned. Serve immediately.

**Day suggestion = 19pp**

**Breakfast –2 poached eggs on 2 slices toast (6pp)**

**Lunch – Spinach and broccoli soup, serves 4, 4pp each**

Cook 1 chopped onion in 1tbsp olive oil (4pp). Add 225g well-washed spinach, 175g broccoli and 450ml vegetable stock. Cook for 20mins, then blend with 200g low fat soft cheese (6pp) and 600ml skimmed milk (6pp). Reheat, season and serve, topping each portion with 1 tbsp plain low fat yogurt (1pp) and black pepper.

Serve each portion with a crusty bread roll (5pp) spread with 2tsp low fat spread (1pp)

**Dinner – Turkey Stir Fry, serves 4, 9pp each**

Heat 1tbsp vegetable oil (4pp) in a wok or large frying pan & stir-fry 420g thinly sliced turkey steaks (10pp) for 3-4 minutes, until browned. Add a total of 500g of thinly sliced peppers, courgettes, carrots, spring onions, leeks, broccoli or cauliflower florets and bean sprouts. Stif fry for 5-6 minutes. Add a good pinch of Chinese 5-spice powder and 3tbsp soy sauce (1pp). Cook 200g dried rice (20pp) to serve with.

**Day suggestion = 19pp**

**Breakfast - Garlic Mushroom & Chorizo Soufflé Omelette, serves 1, 3pp**

5 spray(s) Cooking Spray, Calorie Controlled  
1 clove(s) Garlic, peeled and sliced  
150 g Mushrooms, sliced  
15 g Chorizo Sausage, sliced  
1 medium Egg, Whole, (separated) & 1 individual Egg White  
1 teaspoons Thyme, Dried & 1 portion(s) Watercress, (to serve)

Spray a small non-stick frying pan with low fat cooking spray and heat until hot. Add the garlic and stir-fry for 30 seconds. Add the mushrooms and cook over a medium heat for 5-6 minutes until any juices have evaporated. Add the chorizo and cook for 1-2 minutes until golden. Beat the egg yolk with a tbsp of cold water and stir in the thyme leaves. Season with salt and freshly ground pepper. In a separate bowl, whisk the egg whites until stiff peaks form and then carefully fold into the egg yolk. /Pour this mixture into the pan, level the surface and cook for 2-3 minutes until set and golden underneath (lift the edge of the omelette to check the colour). If cooking in an oven-proof pan, cook the top of the omelette under a preheated grill for 1-2 minutes until golden. Alternatively slide the omelette onto a warm plate, invert the frying pan over the omelette and return to the pan with the cooked side down. Cook for a further 1-2 minutes until golden on the bottom. Serve with the watercress

**Lunch - Boots Chicken & Stuffing Sandwich = 8pp**

**Dinner – Chinese Takeaway chicken chow mein = 8pp**

## Day suggestion = 19pp

### Breakfast - 2 slices Weetabix loaf (4pp)

makes 12slices – 2pp slice

2 Weetabix  
100g sultanas  
150 ml skimmed milk  
150 ml water  
100g self raising flour  
1 tsp Mixed Spice,  
1 tsp artificial sweetener, (optional)  
1 medium egg, beaten

Preheat oven n to 180C, 350F or gas mark 4. Put Weetabix and sultanas in bowl, pour milk and water over the top and soak up all the liquid. Stir in flour, mixed spice, sweetener and beaten egg. Spoon mixture into (1lb) lined / non-stick loaf tin and bake for 1hr 15m until cooked. Cool on a wire rack before serving, and then cut into slices. It has the texture of bread pudding.

### Lunch -12pp

4 Fish fingers (6pp), 200g mash or 45g smash (4pp) &2 tbsp garden peas (2pp)

### Dinner – Beef dinner (3pp)

The Co-Operative 200g Sliced Beef in Gravy, Frozen (3pp)  
Roasted vegetables such as carrots, peppers, onions, Butternut squash using WW oil spray (1pp)

## Day suggestion = 24pp

### Breakfast – French toast with Strawberries & banana & honey drizzle. Serves 4 – 4pp each

1 egg (2pp)  
150ml skimmed milk (1pp)  
4 slices crustless bread (6pp)  
2 bananas,  
2tsp icing sugar (1pp)  
1 tsp vanilla essence  
WW oil spray (1pp)  
225g strawberries,  
4 tsp clear honey (5pp)

In a shallow bowl, beat together the egg, milk & vanilla essence. Cut the slices of bread into triangles, then dip in the mixture, leaving them to soak for a few moments, so that the liquid is absorbed. Heat a frying pan & spray with the low fat spray. Add the soaked bread triangles and cook on both sides until browned. Transfer to four warmed plates. Slice the bananas & strawberries over each portion. Sprinkle with icing sugar & drizzle 1tsp of honey over each portion. Serve immediately.

### Lunch – Shop bought sandwich up to 10pp

### Dinner - Beef Chilli Fry serves 1 – 10pp

200g frying steak cut into strips (9pp)  
200g tomato puree  
2 tsps curry powder (1pp)  
1 tsp chilli powder  
1 tsp garam masala  
1 beef oxa  
1 onion sliced

Brown onion in spray oil. Set aside. Cook steak in spray oil. Set aside. Combine tomato puree, curry, chilli, garam masala & oxa in a pan with half a pint of water. Bring to a simmer stirring all the time. Add beef & onions and cook through.

### **Chicken and Mushroom Top-Crust Pie** serves 4, 14pp each

5 spray(s) Cooking Spray, Calorie Controlled  
1 large Onion, All Types, finely chopped  
1 cube(s) Stock Cube, chicken, dissolved in 300ml hot water  
125 g Mushrooms, sliced  
75 g Beans, Green, trimmed and sliced  
2 tablespoons Gravy Powder / Granules, dry, chicken  
450 g Chicken, Roast, Meat Only, boneless and skinless, torn into chunks (or use leftover turkey at xmas)  
1 sprig(s) Parsley, fresh, chopped (fresh)  
1/2 tsp Pepper, Black (Whole, Cracked or Ground) (ground)  
250 g Pastry, Shortcrust, Block, thawed if frozen  
1 tbsp Milk, Skimmed, to glaze

Spray a saucepan with low fat cooking spray. Add the onion and cook for 4-5 minutes, until softened and browned.

Add the stock and bring to the boil, then reduce the heat until simmering. Add the mushrooms and beans and cook for 5-6 minutes, or until the beans are just tender. Stir in the chicken gravy granules to thicken the mixture, then remove from the heat.

Put the chicken into an ovenproof baking dish. Pour the gravy and vegetables on top, add the parsley, then mix everything together gently. Season with black pepper.

Preheat the oven to Gas Mark 6/200°C/400°F/fan oven 180°C. Roll out the pastry on a lightly floured surface, then use to cover the top of the baking dish, trimming with a knife to fit. Use the trimmings to cut out leaves to decorate the top. Brush the pastry with milk, then transfer to the oven. Bake for about 35-40 minutes until golden brown.

### **Quick Vegetable Curry** serves 4, 3pp each

5 spray(s) Cooking Spray, Calorie Controlled  
1 large Onion, All Types, sliced  
2 clove(s) Garlic, crushed  
2 medium Carrots, Old, Raw, sliced  
1 cube(s) Stock Cube, Vegetable, 1.2 litres (2 pints) hot water  
1 medium Pepper, All Types, deseeded and chopped  
2 medium Courgette, sliced  
1/2 portion(s) (medium) Cauliflower, Raw, broken into florets  
100 g Beans, Green, halved  
2 1/2 tablespoons Curry Paste, all types  
2 tablespoons (level) Cornflour  
1 pinch Salt

1 teaspoons (ground) Pepper, Black (Whole, Cracked or Ground), Ground

350 g Butternut Squash, peeled, deseeded and chopped

Coat a large saucepan with spray cooking oil. Add onion. Sauté gently for 3-4 minutes until softened. Add garlic, cook for 1 more minute.

Add carrots, butternut squash and vegetable stock to saucepan. Bring up to the boil, then reduce the heat. Add all remaining vegetables and stir in 2-3 tablespoons of curry paste, according to taste. Cook for 15-20 minutes, until vegetables are tender.

Make raita by mixing yogurt, mint or coriander and cucumber.

Blend cornflour with 3-4 tablespoons of cold water and stir into curry. Cook for 2 minutes until thickened. Season to taste. Serve with the raita.

## **Yogurt-spiced Chicken with Rice** serves 4, 9pp each

150 g Yogurt, Virtually Fat Free, Plain  
1 1/2 tablespoons Curry Powder  
1 tablespoons Coriander, Fresh  
4 medium Chicken, Breast, Skinless, Raw,  
Rice salad:

150 g Tilda Basmati Rice, (or similar)  
1 cube(s) Stock Cube, Vegetable  
1 medium Carrots, Old, Raw, grated  
1 medium Pepper, Red, deseeded and chopped  
1 individual Chilli, Green or Red, deseeded and thinly sliced  
1 tablespoons Mint, Fresh  
1 tablespoons Coriander, Fresh  
1 portion(s) Salad Vegetables with a ProPoints value of Zero,

Mix the yogurt and curry powder together in a glass or plastic bowl and add the chopped coriander. Place the chicken breasts between sheets of cling film, then use a meat mallet or rolling pin to beat them out until slightly flattened. Add them to the yogurt mixture, stirring to coat. Cover, chill and leave to marinate for at least 30 minutes, or overnight.

Cook the rice in lightly salted boiling water with the stock powder or cube for about 12 minutes, until tender. Drain and rinse with cold water to cool quickly. Add the carrot, red pepper, chilli, mint and coriander.

Barbecue or grill the chicken breasts for about 6 minutes on each side, until thoroughly cooked (to check, pierce the thickest part with a sharp knife – the juices should run clear)

Serve the chicken with the rice salad, with green salad on the side.

## Dessert Suggestions

### **Quick dessert - Banana Custard, serves 4, 2pp each**

Slice up 4 bananas, top with a tin of supermarket branded custard made with skimmed milk and sweetener and dust with cinnamon, delicious served hot or cold.

### **Fruit Nests, serves 3, 2pp each**

2 Meringue nest (2pp) topped with tinned peaches (juice drained) & 150g 0% greek yogurt (2pp)

### **6pp = Slice of Weetabix pudding (2pp) with ½ can custard (4pp)**

### **4pp = Brandy snap basket (3pp) filled with fruit of choice topped with 150g 0% Greek yogurt & 1tsp honey (1pp)**

### **Raspberry ripple pops total 2pp, you can have 2 for 1pp**

Mash 150g raspberries with ½ - 1tsp artificial sweetener to taste. Spoon 1 raspberry (1pp) & 1 strawberry (1pp) flavour yogurt from Weight Watchers summer fruits into a bowl, then very lightly swirl the raspberries through. Gently spoon into 4 small lolly moulds. Place in freezer for 4 hrs or until frozen.

### **& Bev's Bites wouldn't be complete without 250ml Red Wine = 6pp!**