

Spinach and Goat's Cheese Omelette

Serves 2 adults

Ingredients

- 1 tbsp olive/rapeseed oil
- 1 medium onion, thinly sliced
- 200g spinach
- 2 medium potatoes (leftover boiled work well)
- 3 medium eggs
- 30g soft goat's cheese, roughly chopped/sliced

Optional

- Grated nutmeg
- Pepper

Method

Preheat the grill to medium

1. If using raw potatoes, peel, slice/cube and boil for 5–10 minutes until just soft. Drain.
2. Whisk the eggs together with a pinch of pepper and nutmeg, if using.
3. Heat the olive oil in a frying pan and gently fry the sliced onions for 3-4 minutes until softened.
4. Add the spinach and stir round until wilted. You can use a lid on your frying pan if you have one to speed up this process. If you're using baby leaf spinach there's no need to chop, but if you are using large leaf you will need to roughly chop first.
5. Add the potatoes.
6. Add the egg mixture to the frying pan and cook on a medium heat for about 3– 4 minutes, until the sides start to set.
7. Scatter the chopped goat's cheese on top of the eggs and place under the grill for about 5 minutes until puffed up and golden.
8. Allow to cool a little then serve with a salad.

Top tips

- This is a full meal by itself as it has protein in the egg, dairy in the cheese, starch in the potatoes. It is delicious served with a side salad and could be the main meal of the day.
- This kind of omelette (often called a tortilla/frittata) is delicious eaten hot or cold. It will keep for 2 days in the fridge, so why not make a bigger one and have the leftovers the next day?
- Omelettes are a brilliant choice for a quick, simple meal and can be made with many different kinds of veg—peppers, courgettes, mushrooms all work well. They are a great way of using up leftovers.
- If you don't like goat's cheese, you can miss out altogether or replace with some grated cheddar.



PROJECT FOOD

A helping hand to healthy eating



Beetroot & Carrot Salad

Ingredients

- 3 –4 carrots, peeled and grated
- 2–3 beetroot, raw or cooked
- 2 spring onions, finely chopped
- 2 tbsp olive/rapeseed oil
- 1 tbsp wine/balsamic vinegar/lemon juice
- 1 small bunch parsley, chopped

Method

1. You can make this salad using either raw or cooked beetroot, depending on what you enjoy.
2. If using raw beetroot, trim and scrub then grate—it can be messy, so it's worth wearing gloves if you're not keen on the mess! If using cooked beetroot you can either grate or chop into thin sticks or cubes.
3. Prepare carrots, spring onions and parsley as above.
4. Mix all the ingredients together and serve.



PROJECT FOOD

A helping hand to healthy eating

It's a perfect time of year for salads, and you don't have to be too particular about what you put in. Try out different combinations to discover what you like. Grains like barley and spelt, cooked and cooled, are delicious in salads and help to make them more substantial—good for helping your blood sugar to remain at a healthy level. You could also use leftover bean, peas, etc.

Stay Hydrated

In the hot weather it is essential to keep up your intake of fluids. Staying hydrated is especially important for older people, young children and anyone who suffers ill health as they can be less able to regulate their fluid intake.

Our bodies need water to stay healthy, regulate temperature, remove waste and keep muscles and joints working well.

We lose water naturally over the course of a day. Increased heat from the sun or from exercise, as well as illness and fever, speeds up our bodies' water loss.

Signs of dehydration to look out for include:

Having a dry mouth

Feeling tired and sleepy

Headache

Darker urine

Dizziness or feeling lightheaded, or confusion

The NHS recommends a fluid intake of 6–8 glasses a day. Water is of course the best option for hydration, but milk and hot drinks such as tea and coffee (watch out for the caffeine content though) can also count towards your daily intake. If you do drink juices and squashes, try and restrict these to mealtimes which will lessen the impact of the sugar on the teeth. Remind others to drink water regularly too.