

Have a healthy lunch

Healthy lunches don't have to mean soggy sandwiches and bruised bananas! There are lots of ways to make healthy lunches varied and exciting:

- Experiment with different types of bread and rolls, rather than plain white or brown – wraps, pitta bread and wholegrain or seeded breads all add variety.
- Wraps can be a novelty for kids and are great filled with anything from tuna & sweetcorn to the leftover chicken and stuffing from Sunday's roast.
- Carrot & celery sticks dipped into houmous or cream cheese will help towards your 5 a day
- Probiotic drinks are a quick and easy health boost to your lunch

It can be difficult to find healthy options for children's lunchboxes.

Why not try this dip with some chopped up veg and pitta bread to keep them healthy all day long?

Roasted red pepper dip

Serves: 2

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Skill Level – Easy

Each serving contains

| Calories | Sugar | Fat | Saturates | Salt |
|----------|-------|-----|-----------|------|
| 128 | 19g | 1g | trace | 0.5g |
| 6% | 21% | 1% | <1% | 8% |

of your guideline daily amount

2 red peppers

125g Quark or reduced fat soft cheese

2 tbsp sweet chilli sauce, optional

ground black pepper

- Halve the peppers and place under a hot grill for about 20mins or until the skin is black. Cover with a clean wet cloth or place in a plastic bag and allow to cool for about 10mins.



- Remove skin from the peppers and blot dry with absorbent kitchen paper.
- Place the peppers, soft cheese, tomato and seasoning into a food processor or blender and pulse for 1-2 mins or until the mixture is almost smooth. Cover and place in the fridge for at least 2 hours to allow the flavours to develop.

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