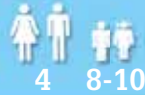


Cheesey Appleslaw

Prep time: 10 minutes Cooking time: 0 minutes



Ingredients

- 1 large handful grated cheese
- 1 apple, peeled, cored and grated
- 4 spring onions, chopped finely
- 1 tablespoon mayonnaise



Method.

- Mix all the ingredients together
- Serve with salad, veggie burgers or jacket potatoes

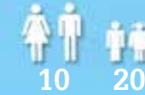
Tip!

For a lighter option, use low fat mayonnaise



Tomato Dip

Prep time: 3 minutes Cooking time: 10 minutes



Ingredients

- 1 tin / 400g / 14oz chopped tomatoes
- 1 medium onion, chopped finely
- 1 clove garlic, chopped finely
- 1 teaspoon dried mixed herbs
- Pinch of chilli powder or dash of Worcester sauce



Method.

- Place all ingredients in a pan. Simmer for 10 minutes
- Blend until smooth if you want to use as a dip. (You could also use unblended as a base for other recipes in this book)
- Once cooled both dishes can be stored in an air tight container in the fridge for up to 2 days

Tip!

Great in lots of dishes – use as a pasta sauce, in quesadillas on pizza in place of tomato puree or serve with wedges

