

SERVES **four** | **175** | **7** | **5**

## Nutritious nuggets

**3 medium slices bread**  
**350g/12oz skinless chicken breasts**  
**½ tsp garlic powder**

**1 tsp mixed herbs**  
**½ tsp paprika or chilli powder**  
**1 small egg, beaten**  
**½ tsp olive oil**



- 1 Pre-heat oven to 200°C/gas mark 6.
- 2 Lightly toast bread. Cool slightly then make into crumbs in a food processor or blender. Add garlic powder, mixed herbs and paprika or chilli powder. Stir well. Transfer crumbs to a bowl or deep plate.
- 3 Cut the chicken into bite-size cubes. Coat the chicken cubes in beaten egg, a few pieces at a time, then roll in the crumbs to coat well.
- 4 Grease a large baking sheet with the oil. Arrange the nuggets in one layer and bake approximately 15 minutes until crispy and chicken is cooked through. Serve with some small, crisp salad leaves and cherry tomatoes, or for a main meal with some low-fat oven chips, reduced-sugar-and-salt tomato ketchup and peas.
- 5 These nuggets are equally tasty eaten cold for a packed lunch or picnic, but they do lose the lovely crispy texture they have when eaten hot from the oven.

## Quick and easy pizzas

1 Make the tomato sauce. Briskly cook the garlic in a pan that has been sprayed lightly with oil. When softened and golden but not brown, add the tomatoes, tomato purée and herbs. Simmer for 10-15 minutes until the sauce reduces and thickens. Season to taste with salt and pepper.

2 If using muffins, split them in half and toast lightly. Spread them with the tomato sauce and top with mozzarella cheese and olives. Pop under a preheated grill for a few minutes until the cheese melts. Serve immediately with a mixed salad.

3 If using ready-made pizza bases, spread the tomato sauce over them right up to the edges. Sprinkle with olives and mozzarella cheese. Place on oil-sprayed baking trays and cook in a pre-heated oven at 200°C/gas mark 6 for 10-15 minutes.

### Different toppings:

- 1 You can add some grilled red and yellow peppers.
- 2 Add some torn rocket or baby spinach leaves and some diced lean ham.
- 3 Add 115 g/4 oz sliced mushrooms, cooked in spray oil
- 4 Add some grilled red onions and cherry tomatoes.

Using muffins

SERVES **four** | **260** | **10** | **9**

Using pizza bases

SERVES **four** | **510** | **20** | **12**

**4 muffins or 4 x 18cm/7in pizza bases**  
**125g/4½oz mozzarella cheese, thinly sliced or diced**  
**8 black olives**

### Tomato sauce:

**2 garlic cloves, crushed**  
**spray oil**  
**400g can chopped Italian plum tomatoes**  
**1 tbsp tomato purée**  
**1 tbsp chopped oregano or basil**  
**salt and freshly ground black pepper**



## Fruity fridge squares

PER **square** | **150** | **6** | **3**

**8 breakfast biscuits (e.g. Weetabix)**  
**8 glacé cherries**  
**250g/9oz ready-to-eat apricots**

**200g/7oz mixed dried fruit**  
**150g/5oz milk chocolate**  
**60ml/4 tbsp boiling water**



- 1 Line an 18-20 cm/7-8 inch square cake tin with baking parchment.
- 2 Crumble the biscuits into a bowl. Finely chop the cherries and apricots and mix with the crumbs. Stir in the dried fruit and mix thoroughly.
- 3 Melt the chocolate in a bowl over a pan of simmering water. Stir chocolate into crumbs. Pour boiling water into the empty chocolate bowl and with a rubber spatula scrape any remaining chocolate into the water. Add liquid to crumbs. Mix thoroughly.
- 4 Turn mixture into prepared tin, pressing down well with the back of a spoon. Chill in the fridge at least 2 hours. Cut into 16 squares.
- 5 Store in the fridge, or freeze and defrost about 1 hour at room temperature.