



CHEESY, VEGETABLE TOPPED MUFFIN

Mid-Morning or After-School Snack. This dish provides a portion of vegetables. If this dish is provided at lunch it would not count towards the requirement to provide a portion of vegetables as an accompaniment because they are part of a composite dish. It is good practice to include vegetables as part of composite dishes.

Recipe adapted from: Windlestone School, as featured in the Children's Food Trust Recipes for Success series

Ingredients

150g red onions, peeled and chopped
 350g aubergine, chopped
 175g courgettes, chopped
 150g yellow or red peppers, deseeded and chopped
 30ml (2tbsp) olive oil
 5g garlic, peeled and crushed
 2.5g dried thyme
 50g plain flour
 5g mustard
 2g black pepper
 250ml semi-skimmed milk
 100g low-fat mature Cheddar cheese, grated
 408g (6 x 68g) white or wholemeal muffins or rolls cut in half (approx 68g per muffin)

Method

1. Preheat the grill to 190°C, 375°F gas mark 5.
2. Mix all the chopped vegetables in a bowl with the oil, garlic and thyme. Spread on a baking sheet and roast for 20 minutes or until soft.
3. Meanwhile make the white sauce. Mix the flour, mustard and pepper with a little milk in a saucepan, then gradually whisk in the rest of the milk and bring to the boil, whisking all the time, to form a white sauce.
4. Add half the cheese to the sauce.
5. Mix the vegetables with the cheese sauce.
6. Put the muffins on a shallow baking tray.
7. Spoon the vegetable mixture on top of the muffins and top with the remaining cheese.
8. Grill until the top is hot and bubbling

Serving suggestion: serve with green salad.



Number of portions this recipe makes:

12 primary servings (145g)
 6 secondary servings (290g)



Prep: 30 minutes

Cook: 30 minutes



Allergy information:

Milk, wheat (gluten)



Top Tips

In a primary school serves 12 as a snack or 6 for a more substantial meal. In a secondary school serves 6 as a snack or 4 as a more substantial meal.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose hard yellow cheese which has a maximum total fat content of 25g/100g, an oil based on unsaturated fats and use muffins/rolls with <1g salt per 100g.