

Cous Cous Salad -

Ingredients

- 1 cup couscous (uncooked)
- 1 1/4 cups boiling water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 yellow bell pepper, diced
- 1/4 red onion, finely chopped
- 2 tablespoons lemon juice
- Salt and pepper to taste
- 1/4 cup crumbled feta cheese (optional)

Utensils

- Heatproof bowl
- Clingfilm or cloth
- Mixing bowl
- Knife and chopping board

Method

1. Place the couscous in a heatproof bowl. Pour the boiling water or vegetable broth over it, covering the couscous completely. Cover the bowl with a lid, clingfilm or cloth and let it sit for 5 minutes. Afterward, fluff the couscous with a fork to separate the grains.
2. In a large mixing bowl, combine the cooked and fluffed couscous with the cherry tomatoes, cucumber, yellow bell pepper, red onion and lemon juice.
3. If you're using feta cheese, sprinkle it over the top of the salad.
4. Refrigerate the couscous salad for at least 30 minutes before serving to allow the flavors to meld. It's even better if you let it sit for a few hours or overnight.
5. Serve the couscous salad as a refreshing and healthy side dish or a light main course.

Pasta Salad -

Ingredients

- 2 cups of a pasta of your choice
- 1 cup diced cucumber
- 1 cup diced bell peppers (any colour)
- 1/2 cup diced red onion
- 1 cup cherry tomatoes, halved
- 1/4 cup mayonnaise
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 tin of tuna (optional)

Utensils

- Large saucepan
- Mixing bowl
- Knife and chopping board
- Wooden spoon

Method

1. Bring a large pan of salted water to a boil. Add the pasta and cook according to the package instructions. Drain the pasta and rinse it under cold water to cool it down. Allow it to drain thoroughly.
2. In a small bowl, whisk together the mayonnaise, olive oil and a pinch of salt and pepper. Taste and adjust the seasoning as needed.
3. In a large salad bowl, combine the cooked and cooled pasta with the diced cucumber, bell peppers, red onion, cherry tomatoes and tuna (if using).
4. Drizzle the dressing over the pasta and vegetables. Gently toss everything together to ensure the salad is well coated with the dressing.
5. Refrigerate the pasta salad for at least 30 minutes before serving.

Baked Sweet Potato -

Ingredients

- 1 medium-sized sweet potatoes
- 1 tablespoon olive oil
- Salt and pepper to taste
- Toppings of your choice (sour cream, cheddar cheese etc)

Utensils

- Fork
- Baking tray

Instructions

1. Preheat your oven to 200°C.
2. Wash the sweet potato thoroughly and scrub away any dirt or impurities. Leave the skin on for added fiber and nutrients. Pat them dry with a clean kitchen towel.
3. Pierce the potato multiple times with a fork then drizzle olive oil over them and toss to coat evenly. Sprinkle salt and pepper over the sweet potato.
4. Place the potato on a baking tray in the preheated oven and bake for about 40-45 minutes, or until the sweet potatoes are tender and soft throughout.
5. Add your favourite toppings and serve your healthy baked sweet potatoes. Why not add a side salad for extra nutrients?

Tortilla Pizza -

Ingredients

- 1 large whole-grain tortilla
- 2-3 tablespoons tomato sauce or pizza sauce
- 1/2 cup shredded mozzarella cheese (or your choice of cheese)
- Your favorite pizza toppings (e.g., sliced bell peppers, mushrooms, onions, spinach, cherry tomatoes, olives, or cooked chicken breast)
- Olive oil or cooking spray for crisping the tortilla
- Dried oregano, red pepper flakes, and fresh basil leaves for garnish (optional)

Utensils

- Parchment paper
- Baking tray
- Scissors or pizza roller

Method

1. Preheat your oven to 200°C.
2. Place the tortilla on a baking sheet lined with parchment paper. Lightly brush the tortilla with a small amount of olive oil or spray it with cooking spray to help it crisp up in the oven.
3. Spread the tomato or pizza sauce evenly over the tortilla, leaving a small border around the edges for the crust. Sprinkle the shredded cheese over the sauce.
4. Add your choice of pizza toppings evenly over the cheese. Be creative and mix and match your favorites.
5. Place the tortilla pizza in the preheated oven and bake for 8-10 minutes, or until the edges are crispy, and the cheese is bubbly and slightly golden.
6. Remove the tortilla pizza from the oven, and if desired, sprinkle with dried oregano, red pepper flakes, and fresh basil leaves. Allow it to cool for a minute or two before slicing and serving.