

LIGHT MEALS



A 'light' meal will mean different things to different people, such as this squash soup with a fish paté on crispbread and coleslaw, and you will find many more soup options in the 'Soup' section of the library.



Or you may see it as a simple salad, and there are many more examples in the 'Salad' section.



Combinations, such as this smoked salmon and coleslaw on sourdough toast with tomatoes, make for a very tasty light meal.



And fish such as this baked salmon on stir fry vegetables always make for a lighter meal. Whatever your preference, you also have to consider whether you prefer a lighter meal at lunch or in the evening. We hope that this section of the library will make it easier for you to decide!

LIGHT MEALS



Smoked mackerel and a salad 'niçoise' with egg, lettuce, new potatoes, olives and green beans.



Herring, coleslaw and tomatoes with seeded crisp bread.

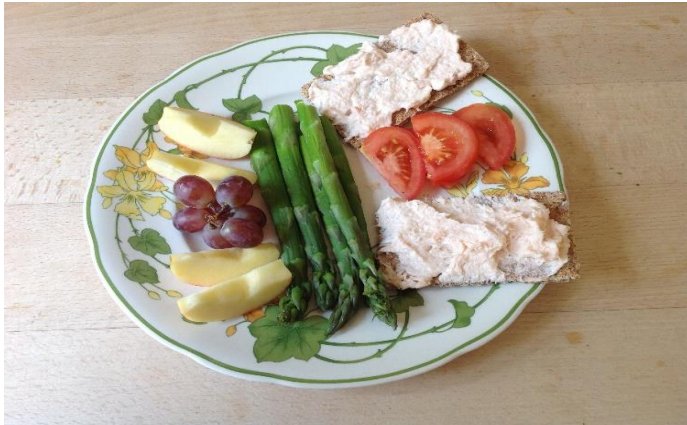


Pilchards in tomato sauce with baked beans on sourdough toast, cucumber and tomato.



Smoked salmon on rye crispbread with coleslaw and tomatoes.

LIGHT MEALS



Salmon paté on crispbread with asparagus, tomato, apple and grapes.

Remember to check ingredients on items such as salmon paté when shop bought.



Tuna and mixed bean salad with rocket and rice cakes.



Mackerel paté on nut crisp bread with cornichons, celery, cucumber and tomato.



Hummus on crispbread with gravadlax and red cabbage coleslaw.

LIGHT MEALS



Baked salmon with an edamame bean, asparagus and pea risotto, makes for a delightful 'al fresco' lunch.



Salmon fish cake on a bed of stir fry vegetables.



'Smashed' avocado on toasted whole grain toast with celery, tomato and ricotta cheese.



Or for a 20% treat, try your hand with a soufflé. Check out the method of cooking on the internet, and just follow instructions carefully!

This one is a white meat crab soufflé.

LIGHT MEALS



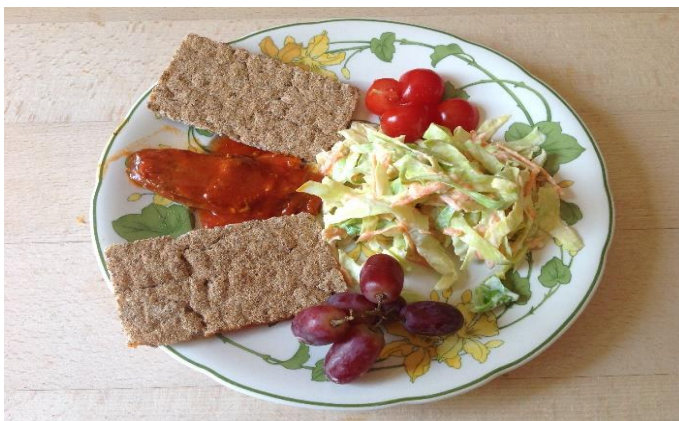
Griddled peppers and mushrooms on sourdough toast with melted brie and tomatoes.



Courgette, tomato and egg frittata with salad.



Asparagus with egg mayo on sourdough toast with tomatoes.



Pilchards with coleslaw, crispbread and grapes.



MORE SUBSTANTIAL

An omelette is a quick and easy way to create a healthy meal and can have many different fillings.

Cheese omelette and salad.



Stir fry of chicken, broccoli, courgette, green beans and mixed grains.



Trout paté with crisp bread, cornichons and tomatoes with melon and parma ham.



A quiche or flan is always a convenient way of turning a salad into a more substantial meal, but this is definitely in 20% territory, so make sure you control portion sizes!

SANDWICHES



Use whole grain bread as the basis for your sandwich, and then choose from a wide variety of fillings.



Hummus or avocado...

Rocket and tomato...

Lettuce and cornichon...



Tuna....

Cheese....

Salmon....

Chicken....



Tuna as the basis, then add celery, carrot, cucumber, peppers and/or beans according to preference.... and a little light mayo!