

## National Picnic Month

### July

Celebrate National Picnic Month with these tasty healthy living recipes!

### Picnic Tortilla

Slice into 8 portions and enjoy cold as part of a delicious and healthy picnic.

Add in any extra veg you wish; sliced peppers or mushrooms work really well. Simply cook these alongside the onions and potatoes in step 1.

### Ingredients

4 tbsp olive oil

1 onion , thinly sliced

350g tinned new potatoes , sliced

4 rashers rindless smoked back bacon , chopped

6 large eggs

85g mature cheddar , grated

### Method

1. Heat the olive oil in a small non-stick frying pan, add the onion and potatoes and fry for 8 minutes, turning the veg frequently until tender but not browned. Add the bacon and fry for a further 2-3 minutes. Meanwhile, beat the eggs in a large bowl with plenty of pepper. Stir in the cheese.
2. Remove the potato mixture with a slotted spoon and stir into the eggs. Reserve most of the excess oil, leaving a little in the pan. Pour in the egg mixture and leave to cook undisturbed over a gentle heat for 8 minutes until firmly set underneath but not set on top.
3. Placing a plate on top of the tortilla, carefully turn the tortilla upside down on to the plate and slide the tortilla back into the pan, uncooked side down, and cook for 5 minutes until set all through. Pack for a picnic or serve in wedges with salad for an easy supper.

## Honey Flapjacks

This recipe makes 12 tasty flapjacks. Using honey instead of syrup, and packed with porridge oats, they are a healthier treat than shop bought cakes, and perfect for a picnic!

### Ingredients

225g butter , plus extra for the tin

75g caster sugar

4 tbsp honey

350g porridge oats

### Method

1. Heat the oven to 180C/160C fan/gas 4.
2. line a 30 x 15cm rectangle tin with baking parchment. Melt the butter, sugar and honey in a pan over a medium heat, stirring frequently until the butter has melted and the mixture is smooth.
3. Put the oats in a mixing bowl, then pour over the butter and honey mixture. Stir until all the oats are coated.
4. Tip into the prepared tin, and use a spatula or the back of a spoon to evenly spread out the mixture. Cook for 10-15 mins until lightly golden. Leave to cool in the tin, then remove before cutting into squares.

## Easy Pesto Pasta

This easy pasta recipe is perfect for a picnic. It serves 4 and can be stored in the fridge for 3 days. Add in extra veg, sliced cooked chicken, or any cheese; simply add into the pasta mix at step 3 along with the cucumber and tomatoes.

### Ingredients

400g mini pasta shapes

200ml crème fraîche

4 tbsp fresh pesto (you can also get low fat pesto)

½ cucumber , cut into small cubes

16 cherry tomatoes , cut into quarters, or halved

200g frozen peas , cooked and chilled

### Method

1. Cook the pasta for 5 mins in boiling water, then in the peas and cook for a further 5 minutes. Drain, then tip into a bowl.
2. Stir in the crème fraîche followed by the pesto, then leave to cool.
3. When the pasta is cool, stir in the cucumber and tomatoes. Add a sprinkling of black pepper to taste.