The background features a repeating pattern of various food and drink icons, including lemons, apples, coffee cups, wine glasses, pizzas, burgers, watermelon slices, and kitchen appliances, all rendered in a simple, light-colored line-art style on a light blue grid.

# The YUMMY TUMMY BOOK



Developed by Western NSW Local Health District

## ACKNOWLEDGEMENTS

This resource was developed by the Western NSW Local Health District Health Promotion Team, May 2018.

The Western NSW Local Health District Health Promotion Team would like to acknowledge:

- Chloe Fox, Accredited Practising Dietitian, for recipe testing the newly designed recipes,
- Health professionals and individuals that were consulted during the development of this book.

Reproduced or modified material has been used with permission throughout the document. Sources have been referenced including:

- NSW Ministry of Health, *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014.
- Commonwealth of Australia, *Get Up & Grow: Healthy eating and physical activity for early childhood. Cooking for Children*, 2009.
- Illawarra Shoalhaven Local Health District, *Healthy Food for babies & toddlers*, 2013.
- Better Health Channel – [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- Vegemite – [www.vegemite.com.au/#recipes](http://www.vegemite.com.au/#recipes)
- Kidspot – [www.kidspot.com.au](http://www.kidspot.com.au)

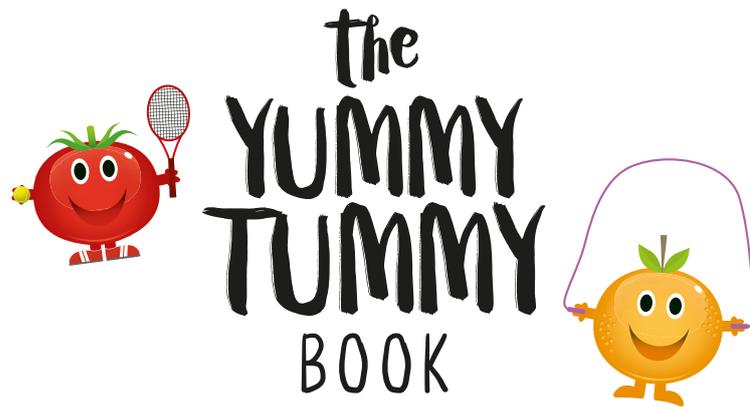
We live and work on Aboriginal land and acknowledge the traditional owners of the land covering Western NSW Local Health District.

## KEY

**tbs** = tablespoon    **tsp** = teaspoon  
**g** = grams            **kg** = kilogram  
**ml** = millilitres    **L** = litre

## COMMON MEASUREMENTS

**1kg** = 1000g                      **1 cup** = 250ml  
**1 tablespoon** = 20ml            **1 teaspoon** = 5ml  
**½ teaspoon** = 2.5ml            **¼ teaspoon** = 1.25ml



Eating behaviours start being established during the early years. With increasing numbers of young children aged 0-5 years being cared for in an early childhood education and care (ECEC) setting, the sector plays a significant role in encouraging children to make healthy choices. As part of the *Munch & Move* program, *The Yummy Tummy Book* was produced as a tool to assist ECEC services provide healthy meal and snack options to children in their care. With consideration to cost, food access and available time, each menu meets the nutritional requirements of children whilst in childcare. Menus and recipes presented in *The Yummy Tummy Book* are in line with the *Australian Dietary Guidelines* (2013), *Caring for Children – Birth to 5 years* (2014) and *Get Up & Grow: Healthy eating and physical activity for early childhood* (2009). To assist ECEC services in designing a healthy menu, *The Yummy Tummy Book* presents:

- four weeks of summer meal plans,
- four weeks of winter meal plans,
- childcare and family size recipes.

The menus include morning tea, lunch and afternoon tea as well as some late snack options for those services that provide extended hours of care. With an emphasis on fruit and vegetables in the recipes, the resource will make it easier for services to provide a healthy menu which meets the nutritional requirements for children whilst in childcare.

*Munch & Move* has strong links to the National Quality Standard and Early Years Learning Framework. *The Yummy Tummy Book* supports cooks and early childhood educators to implement three of the six *Munch & Move* key messages, including:

- Eat more fruit and vegetables,
- Choose healthier snacks,
- Choose water as a drink.

Many kitchen staff and early childhood educators conduct healthy eating learning experiences with the children. To further facilitate the link between the service and the home, *The Yummy Tummy Book* includes some recipes for family size meals, to allow the recipe used at the service to be provided to the children and families to use at home.

Eat for good health through *The Yummy Tummy Book*!

## HELPFUL TIPS

A number of the recipes in *The Yummy Tummy Book* offer a great cooking or taste testing experience for the children coupled with a general discussion about 'every day' and 'sometimes' foods. What better way than to get children involved!

# CONTENTS



## Summer & Winter Weekly Meal Plans

Healthy Eating Environment.....	7
Summer Week 1: .....	8
Summer Week 2: .....	9
Summer Week 3: .....	10
Summer Week 4: .....	11
Winter Week 1: .....	12
Winter Week 2: .....	13
Winter Week 3: .....	14
Winter Week 4: .....	15
Late Snacks.....	16

## Main Meals

Apricot Chicken .....	18
Baked Chicken Risotto .....	19
Beef and Tomato Patties* .....	20
Beef and Vegetable Pie .....	21
Beef and Vegetable Soup* .....	22
Beef Curry* .....	23
Beef Stroganoff .....	24
Beef Tacos .....	25
Bolognaise .....	26
Cheesy Beef Rissoles .....	27
Chicken and Corn Slice* .....	28
Chicken and Vegetable Ragout .....	29
Chicken Fingers with Sweet Corn Dip* .....	30
Creamy Tuna Pasta .....	31
Fried Rice with Beef* .....	32
Hawaiian Meat Balls .....	33
Honey Soy Lamb Stir Fry .....	34
Kid's Ratatouille* .....	35
Lamb and Noodle Hot Pot .....	36
Lamb Burgers .....	37
Lamb Meatballs* .....	38
Lasagne .....	39
Lentil Soup .....	40
Moroccan Lamb with Couscous .....	41
Pea and Chicken Frittata .....	42

Sausage Rolls*	43
Shepherd's Pie*	44
Sweet Potato and Chickpea Patties	45
Tandoori Chicken	46
Toddler Chicken Couscous	47
Tomato Glazed Meatloaf	48
Tuna and Sweet Corn Bake	49
Tuna and Vegetable Fritters*	50
Vegetarian Delights*	51
Vegetarian Lasagne*	52
Zucchini Slice	53

## Snacks

Apricot and Banana Muffins*	55
Banana Bread	56
Carrot, Banana and Sultana Muffins*	57
Cheese and Vegemite Scrolls*	58
Creamy Avocado Dippers*	59
Date Loaf	60
Iron Rich Muffins	61
Mini Peach Muffins*	62
Mini Pizza Rounds*	63
Muesli Fruit Slice*	64
Pumpkin Scones*	65
Toasted Pita Chips with Roasted Beetroot Dip*	66
Wholemeal Cheese Scones	67

## Desserts

Apple-Berry Sponge Delight*	69
Banana Pudding	70
Fruit Crumble	71
Fruit Parfait*	72
Fruity Bread Pudding	73
Vanilla Berry Smoothie*	74
Weetbix Slice	75
Yoghurt Sundae*	76

## Family Size Meals

* Family size recipes available	78
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## Appendix

Ingredient Quantity Guide for NSW Early Childhood Education and Care Services	105
Modifying <i>The Yummy Tummy Book</i>	109
Allergen substitutes for snack and dessert recipes	110

The background is a solid purple color with a repeating pattern of white icons. The icons include various food items like carrots, apples, lemons, and bread, as well as kitchen items like pots, pans, a chef's hat, a martini glass, and a fork. The text is centered in a white, cursive font.

# Summer and Winter Weekly Meal Plans

# HEALTHY EATING ENVIRONMENT

A key role of ECEC services is to provide a supportive environment for children through positive role modelling and providing nutritious food appropriate to their age and cultural needs. To ensure that children in care are receiving appropriate amounts and types of foods ECEC services are encouraged to offer a menu compliant with the *Caring for Children - Birth to 5 years* resource based on the *Australian Dietary Guidelines*.

The Summer and Winter Weekly Meal Plans were designed to support cooks to provide children their recommended daily serves of everyday foods while in care. The weekly meal plans meet the requirements of the *Caring for Children - Birth to 5 years Two Week Menu Cycle Planning Tool*, which is largely based on the 4-8 year olds recommended dietary intake. When planning your service menu, the context of your environment, needs of the families attending the service and children's likes should be considered. When preparing meals in your service, ensure that the ingredient quantities reflect the number of children served, see Appendix 1 for a quantity ingredient guide.

Children should be offered at least 50% of the following serves per food group each day:

	Vegetables and legumes/beans	Fruit	Grain/cereal foods	Lean meats and poultry, fish, eggs, tofu, legumes/beans	Milk, yoghurt, cheese and alternatives
Boys 2-3 Years	2 ½	1	4	1	1 ½
Girls 2-3 Years	2 ½	1	4	1	1 ½
Boys 4-8 Years	4 ½	1 ½	4	1 ½	2
Girls 4-8 Years	4 ½	1 ½	4	1 ½	1 ½

Table 1: The *Australian Dietary Guidelines* recommended daily serves for 2-8 year olds

*Munch & Move* encourages ECEC services to provide opportunities for children to try a variety of new foods with different colours and textures. *The Munch & Move Resource Manual* and the *Australian Guide to Healthy Eating* and *Aboriginal and Torres Strait Islander Guide to Healthy Eating* are good sources of information.

## HELPFUL TIPS

The Summer and Winter Weekly Meal Plans in *The Yummy Tummy Book* meet the recommendations outlined in *Caring for Children – Birth to 5 years*. They are based on providing at least 50% of the recommended daily intake of all five food groups across an eight hour day of childcare - where one main meal and two midmeals are provided. If a child is in care for more than eight hours, extra food and drink should be offered by the service. The provided Weekly Meal Plans are examples that meet the *Caring for Children – Birth to 5 Years* recommendations. They can be adjusted to suit the context and needs of your service, see Appendix 2 and 3 for modification strategies and considerations. However if adjusted, ensure you use the *Caring for Children Two Week Menu Cycle Planning Tool* to confirm that any adjusted meal plans continue to meet the recommendations.

# SUMMER MEAL PLAN

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>125ml milk</p> <p>Baked beans on wholemeal toast</p>	<p>125ml <b>Vanilla Berry Smoothie</b></p> <p>Slices of watermelon and rockmelon</p>	<p>125ml milk</p> <p>Vegetable sticks with vegetable based dip and pita bread</p>	<p>125ml milk</p> <p>Raisin toast</p> <p>Fresh fruit and vegetable platter</p>	<p>125ml milk</p> <p><b>Mini Pizza Rounds</b> (including onion, tomatoes, capsicum)</p>
LUNCH	<p><b>Chicken Fingers with Sweet Corn Dip and Pita Bread</b></p> <p>Sweet potato, cherry tomatoes and cucumber</p> <p>Fruit with yoghurt</p>	<p><b>Tuna and Vegetable Fritters</b></p> <p>1 slice wholemeal bread with margarine</p> <p>Corn cob, tomato wedges, cucumber slices</p> <p><b>Fruit Parfait</b></p>	<p><b>Sausage Rolls</b></p> <p>Leafy green salad</p> <p>Frozen fruit yoghurt and fresh fruit</p>	<p><b>Lamb Meatballs with Kid's Ratatouille</b></p> <p>Fruit and vegetable platter</p>	<p>Fried Rice with Beef Salad</p> <p><b>Yoghurt Sundae</b></p>
AFTERNOON TEA	<p><b>Pumpkin Scones</b></p> <p>Fresh fruit</p>	<p>Mini wheats</p> <p>Vegetable sticks with hommus dip</p>	<p>Wholegrain crispbreads with vegemite and cheese</p> <p>Fresh fruit</p>	<p>125ml milk</p> <p><b>Weetbix Slice</b></p>	<p>Fruit and vegetable kebabs (including watermelon, rockmelon, cherry tomato, cucumber)</p>

Items in orange: Recipe available in *The Yummy Tummy Book*

# SUMMER MEAL PLAN

## WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>125ml milk</p> <p>Wholemeal toast with spreads</p>	<p>125ml milk</p> <p>Scrambled eggs on wholemeal toast</p>	<p>125ml milk</p> <p>Iron Rich Muffins</p> <p>Fruit</p>	<p>125ml milk</p> <p>Date Loaf</p> <p>Fresh fruit</p>	<p>125ml milk</p> <p>Fruit and vegetable platter</p>
LUNCH	<p>Beef and Tomato Patties</p> <p>1 slice wholemeal bread with margarine</p> <p>Leafy green salad</p> <p>Fresh fruit</p>	<p>Sweet Potato and Chickpea Patties</p> <p>1 slice wholemeal bread with margarine</p> <p>Salad with tomatoes, capsicum, cucumber</p> <p>Fruit and custard</p>	<p>Chicken and Vegetable Ragout</p> <p>Rice</p> <p>Vegetables</p> <p>Fruit Parfait</p>	<p>Beef Tacos</p> <p>Banana Pudding and custard</p>	<p>Hawaiian Meat Balls</p> <p>Vegetables</p> <p>Pita bread triangles</p> <p>Fruit kebabs</p>
AFTERNOON TEA	<p>125ml Vanilla Berry Smoothie</p> <p>Carrot, Banana and Sultana Muffins</p>	<p>Fruit and vegetable platter with hommus dip</p>	<p>Wholemeal sandwiches with cheese, tomato, grated carrot</p>	<p>Vegetable sticks with wholemeal crackers and dip</p>	<p>125ml milk</p> <p>Raisin toast</p>

Items in orange: Recipe available in *The Yummy Tummy Book*

# SUMMER MEAL PLAN

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	125ml milk Mini wheats Fruit platter	125ml milk Yoghurt and fruit	125ml milk Baked beans on wholemeal toast	125ml milk <b>Date Loaf</b> Fresh fruit	125ml milk Raisin toast Fresh fruit
LUNCH	<b>Bolognaise</b> with wholemeal pasta <b>Fruit Crumble</b> with custard	<b>Honey Soy Lamb Stir Fry</b> with wholemeal noodles and vegetables <b>Apricot and Banana Muffin</b>	Cheese and salad wholemeal wraps with tomato, capsicum and carrot vegetable sticks Fruit and yoghurt	<b>Pea and Chicken Frittata</b> with salad Fruit and custard	<b>Tomato Glazed Meatloaf</b> with steamed seasonal vegetables and bread Fruit kebabs
AFTERNOON TEA	Vegetable sticks with vegetable based dip	Fruit and vegetable platter with wholemeal crackers	Fresh fruit and custard	Wholemeal sandwiches with tuna, grated cheese, carrot and lettuce Vegetable sticks	125ml milk Wholegrain crispbreads with cheese and tomato

Items in orange: Recipe available in *The Yummy Tummy Book*



# SUMMER MEAL PLAN

## WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>125ml milk</p> <p>Vegetable sticks with hommus</p> <p>Fresh fruit</p>	<p>125ml milk</p> <p>Fruit platter</p>	<p>125ml milk</p> <p>Wholemeal toast with spreads</p>	<p>125ml milk</p> <p>Fruit and yoghurt</p>	<p>125ml milk</p> <p>Mini wheats</p> <p>Fresh fruit</p>
LUNCH	<p>Toddler Chicken Couscous</p> <p>Mini Peach Muffins</p>	<p>Cheesy Beef Rissoles with salad and 1 slice wholemeal bread with margarine</p> <p>Apple-Berry Sponge Pudding</p>	<p>Lasagne with salad</p> <p>Fruit</p>	<p>Lamb Burgers with salad</p> <p>Fruit salad</p>	<p>Zucchini Slice Salad with capsicum, tomatoes, cucumber</p> <p>Iron Rich Muffins</p>
AFTERNOON TEA	<p>Wholegrain crispbreads with cheese and vegemite</p> <p>Fresh fruit</p>	<p>125ml milk</p> <p>Vegetable sticks with dip and crackers</p> <p>Fresh fruit</p>	<p>Fruit and vegetable platter with dip</p>	<p>Vegetable sticks with vegetable based dip and wholemeal crackers</p>	<p>125ml milk</p> <p>Vegetable sticks with hommus dip</p>

Items in orange: Recipe available in *The Yummy Tummy Book*

# WINTER MEAL PLAN

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	125ml milk <b>Muesli Fruit Slice</b> Fresh fruit	125ml milk Mini wheats Fresh fruit	125ml milk <b>Weetbix Slice</b>	125ml milk Fresh fruit Vegetable sticks with vegetable based dip	125ml milk 1 Weetbix with milk Fresh fruit
LUNCH	<b>Chicken and Corn Slice</b> 1 slice wholemeal bread with margarine Leafy green salad Fruit	<b>Beef and Tomato Patties</b> 1 slice wholemeal bread with margarine Corn cob, peas and carrot Canned fruit with custard	<b>Vegetarian Delights</b> 1 slice wholemeal bread with margarine Salad with capsicum, tomatoes, cucumber Fresh fruit	<b>Shepherd's Pie</b> 1 slice wholemeal bread with margarine Canned peaches with yoghurt	<b>Beef and Vegetable Soup</b> 1 slice wholemeal bread with margarine Fruit and yoghurt
AFTERNOON TEA	Vegetable sticks with hommus dip	<b>Carrot, Banana and Sultana Muffins</b>	125ml milk Baked beans on wholemeal toast	<b>Cheese and Vegemite Scrolls</b>	<b>Toasted Pita chips with Roasted Beetroot Dip</b> and vegetable platter

Items in red: Recipe available in *The Yummy Tummy Book*

# WINTER MEAL PLAN

## WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	125ml milk Mini wheats Fresh fruit	125ml milk Yoghurt, muesli and a slice of banana	125ml milk Fruit and vegetable platter with wholemeal crackers	125ml milk Baked beans on wholemeal toast	125ml milk Raisin toast Fruit
LUNCH	Beef Curry with basmati rice Tinned peaches	Apricot Chicken with mashed potato, carrot, peas and 1 slice wholemeal bread with margarine Fruit	Lamb and Noodle Hot Pot with wholemeal pasta and vegetables ½ banana with yoghurt	Creamy Tuna Pasta <sup>^</sup> 1 slice wholemeal bread with margarine Custard with canned fruit salad	Beef and Vegetable Pie with vegetables Fresh fruit
AFTERNOON TEA	Wholemeal sandwiches with cheese, tomato, cucumber, lettuce	Vegetable platter with vegetable based dip and crackers	Wholemeal Cheese Scones	Creamy Avocado Dippers with vegetable sticks and toasted pita bread Fresh fruit	125ml milk Wholemeal crispbreads with cheese, tomato, avocado

Items in red: Recipe available in *The Yummy Tummy Book*

<sup>^</sup>Tuna and Sweet Corn Bake (page 51) can be a substitute.

# WINTER MEAL PLAN

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	125ml milk  Baked Beans on toast	125ml milk  Weetbix slice  Fresh fruit	125ml milk  Fruit and vegetable platter	125ml milk  Yoghurt with museli	125ml milk  <b>Banana Bread</b>
LUNCH	<b>Vegetarian Lasagne</b>  Fresh fruit (including citrus fruits, strawberries or rockmelon)	<b>Tandoori Chicken</b> with basmati rice Broccoli, carrot, pumpkin  Fruit	<b>Beef Stroganoff</b> with wholemeal pasta Beans and carrot  Fruity Bread Pudding with custard	<b>Lamb Burgers</b> on wholemeal bread with tomato, beetroot and baby spinach  Fresh fruit salad cups	<b>Tomato Glazed Meatloaf</b> with steamed seasonal vegetables 1 slice wholemeal bread with margarine  Fresh fruit
AFTERNOON TEA	Wholemeal crackers with hommus dip  Fruit	<b>Mini Pizza Rounds</b> (including onion, tomatoes, capsicum)	½ wholemeal cheese toasty  Fruit	Fresh fruit and vegetable platter	125ml milk  Vegetable sticks with dip

Items in red: Recipe available in *The Yummy Tummy Book*

# WINTER MEAL PLAN

## WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	125ml milk  ½ toasted wholemeal English muffin with tomato and cheese	125ml milk  Vegetable sticks with dip and crackers	125ml milk  Raisin toast	125ml milk  Fresh fruit with yoghurt	125ml milk  Vegetable sticks with dairy based dip
LUNCH	<b>Moroccan Lamb with Couscous</b>  Fruit and custard	<b>Lentil Soup</b> 1 slice wholemeal bread with margarine  Fruit including oranges and/or strawberries	<b>Cheesy Beef Rissoles</b> with salad and toasted pita bread  Fresh fruit	<b>Baked Chicken Risotto</b> with broccoli, carrot and 1 slice wholemeal bread  Fruit kebabs	<b>Bolognaise</b> with wholemeal pasta shells  Fresh fruit
AFTERNOON TEA	Fruit and vegetable platter	125ml milk  <b>Iron Rich Muffins</b>  Fresh fruit	Vegetable sticks, cheese cubes and fruit	Baked Beans on wholemeal toast	Wholemeal sandwiches with vegetables and cheese  Fruit

Items in red: Recipe available in *The Yummy Tummy Book*



# LATE SNACKS

If a child is in care for more than eight hours, *Caring for Children* shows extra food such as breakfast or a late afternoon snack should be provided. Some every day snack ideas are listed below:

- Raisin bread, uncooked
- Wholemeal sandwiches
- Wholegrain/wholemeal rice crackers with cheese, cherry tomatoes and avocado chunks
- Wholegrain crispbreads with salsa
- Sweet corn dip and pita bread (below)
- Toast with avocado or reduced fat cream cheese
- Vegetable frittata or zucchini slice
- Banana or berry pancakes
- Savoury pikelets, muffins or bread
- Yoghurt with muesli
- Smoothie with fresh or canned fruit
- Fresh fruit and vegetable platter
- Frozen fruit salad– grapes, oranges, berries, mango, banana
- Fruit cups
- Corn cobs and vegetable sticks with tzatziki or sweet pumpkin dip

## HELPFUL TIPS

- When planning food items for each day, please give consideration to the types of foods that are being provided throughout the day.
- Fruit and vegetable platter/fresh fruit or vegetables etc. can be replaced with canned or frozen options, or small amounts of dried fruit on occasions.
- Remember to choose fresh fruit and vegetables that are in season and readily available locally, aiming to have a variety, colourful and most cost effective options on the menu.

## Sweet Corn Dip

Prep Time: 2-3 mins      Serves: 20

### INGREDIENTS

2 x 400g cans Creamed corn  
½ cup Sweet chilli sauce (approx.)

### STEPS

Place creamed corn in a bowl, gradually add sweet chilli sauce, mixing well. Taste regularly and add sweet chilli sauce to taste. Note different brands are different strengths – keep the taste mild for children.

Serve with vegetable sticks or pita bread chips to dip.



The background is a solid green color with a repeating pattern of white icons. The icons include various food items like carrots, lemons, and apples, as well as kitchen tools and dishes like a chef's hat, a pot, a bowl, a pie, and a martini glass. The text 'Main Meals' is centered in a white, handwritten-style font.

# Main Meals

# Apricot Chicken

Prep Time: 30 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

3kg	Chicken thigh fillets
1 cup	Rolled oats
3 cups	Apricot nectar
3kg	Vegetables (frozen or use up fresh)
¾ cup	Salt reduced chicken stock
1½kg	Wholemeal pasta
3 packets	French onion soup

## STEPS

1. Cut chicken into bite size pieces. Remove visible fat. Place in casserole dish.
2. Mix nectar, stock, soup, rolled oats and vegetables and pour over the chicken.
3. Cover and cook in a moderate oven (180°C) for 1 - 1½ hours or until chicken is cooked.

## SERVING SUGGESTION

Serve with ½ cup cooked pasta per child

## HELPFUL TIPS

- Chicken breast fillets could be used instead of thigh fillets
- Wholemeal pasta is an important source of iron and fibre. If children are not used to wholemeal pasta it will be accepted if introduced slowly. Try mixing wholemeal pasta with 'ordinary' pasta.
- This recipe could be cooked on the stove top rather than in the oven. Once all the ingredients are combined, place in large saucepan(s), bring to boil using moderate heat and then turn heat down and simmer gently with the lid on, until chicken is cooked. This may take less time than cooking in the oven. Either way, the chicken must be thoroughly cooked i.e. no pink meat or pink juices
- This recipe could be made using round steak instead of chicken. Preparation steps will be the same. Cooking time will be longer (whether stewing or casseroles) to allow for the steak to tenderise. A little extra liquid may be needed.
- If purchasing stock look for 'reduced salt' or 'no added salt' varieties.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014

# Baked Chicken Risotto

Prep Time: 15 mins    Cook Time: 40-45 mins    Serves: 25

## INGREDIENTS

2 tbs	Olive oil
600g	Baby spinach leaves, washed
1	Onion, finely diced
1.5kg	Pumpkin, cut into small cubes
1.5kg	Chicken thigh fillets, cut into small strips
4 cups	Arborio or basmati rice, uncooked
4L	Salt reduced chicken stock
¼ cup	Parmesan cheese, grated

## STEPS

1. Preheat oven to 180°C.
2. Heat oil in a non-stick frypan over medium heat. Add chicken to the pan. Cook, turning, for 5 minutes or until browned. Remove from pan and set aside.
3. Add onion and rice. Stir to combine. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.
4. Transfer mixture to a baking dish. Place chicken on top of rice, cover and bake for 25 minutes.
5. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.
6. Sprinkle parmesan cheese over the top to serve.

## SERVING SUGGESTION

Serve with ½ cup of steamed vegetables per child



## HELPFUL TIPS

- Kids can help by washing and drying baby spinach leaves.

# Beef and Tomato Patties

Prep Time: 15 mins

Cook Time: 15 mins

Serves: 20

Serve Size: 1 patty

## INGREDIENTS

1.4kg	Lean beef mince
6 tbs	Tomato paste
1 tsp	Dried mixed herbs
3 tsp	Seeded mustard
1 tsp	Minced garlic
1	Egg
2	Onions, grated
3 tbs	Olive oil, for frying
1	Zucchini, grated
1	Carrot, grated



## STEPS

1. Blend all ingredients in a food processor until smooth.
2. Shape mixture into round patties, using 3 tablespoons mixture for each patty
3. Heat oil in a non-stick frypan. Flatten and cook patties for approx. 4-5 mins on each side or until golden brown in colour and cooked through.

## SERVING SUGGESTION

- Serve with ½ cup of seasonal vegetables per child or serve in a wholemeal bread roll with 1 cup of salad per child

## HELPFUL TIPS

- For variety or for young children, you could use 1 ½ tablespoons of mixture per patty and serve 2 patties per child.

# Beef and Vegetable Pie

Prep Time: 40 mins    Cook Time: 60 mins    Serves: 40

## INGREDIENTS

2.8kg	Lean beef mince
6 tbs	Olive or canola oil
2	Onions, chopped
5 tbs	Margarine
6	Carrots, peeled and grated
2 tbs	Worcestershire sauce
2kg	Potato, peeled and cut into chunks
¾ cup	Tomato paste (no added salt)
2kg	Pumpkin, peeled and cut into chunks
1 ½ cups	Reduced salt beef stock
2-3	Celery stalks, chopped
1 cup	Reduced fat cheese, grated

## STEPS

1. Heat approx. half the oil in a pan or saucepan, add the mince. Cook until brown (about 5 minutes). Stir occasionally. Remove meat from the pan.
2. Add remainder of the oil to the pan then add onion, carrot and celery and stir fry for 5 mins.
3. Combine stir fried vegetables, meat, tomato paste, beef stock and Worcestershire sauce. Bring to the boil, turn heat down and simmer gently with lid on for about 15 minutes. Stir occasionally.
4. While the meat is cooking, boil potato and pumpkin until soft.
5. Mash cooked potato and pumpkin together along with the margarine.
6. Spoon vegetables and meat into oven proof dishes and spread with the mashed potato and pumpkin. Smooth the top with a knife dipped in milk. Sprinkle with the grated cheese.
7. Place in a moderate oven (180°C) and heat for about 10 minutes or until a light brown colour.

## SERVING SUGGESTION

Serve with 1 cup of salad per child

## HELPFUL TIPS

- Sweet potato could replace pumpkin.
- Mashed vegetables could be served with the meat instead of making into a 'pie'.
- Minced meat should be cooked for at least 20 minutes to ensure it is cooked thoroughly.
- The reduced fat cheese could be replaced with ½ cup parmesan cheese. Mix it through the mashed potato and pumpkin.

# Beef and Vegetable Soup

Prep Time: 10 mins    Cook Time: 60 mins    Serves: 20    Serve size: 1 cup (approx.)

## INGREDIENTS

900g	Lean beef, cut into small cubes
1 ½ L	Salt reduced beef stock
1 tbs	Olive oil
3x 400g cans	Diced tomatoes
2	Onions, diced
2x 420g cans	Five bean mix, drained
1 ½ cups	Frozen peas/carrots/corn mixture
4	Bay leaves
3 small	Celery stalks, finely chopped
4 tbs	Tomato paste
5 large	Potatoes, diced
20 slices	Wholemeal bread, toasted to serve

## STEPS

1. In a large saucepan, heat oil and sauté onion until soft.
2. Add beef and cook until browned. Add all other ingredients, and bring to the boil and then simmer for 45-60 minutes.
3. Remove bay leaves prior to serving. Serve with wholemeal bread toasted and cut into fingers.

## HELPFUL TIPS

- Use up any leftover vegetables such as capsicum, zucchini, pumpkin, sweet potato
- Replace beef with chicken (and beef stock with chicken stock)





# Beef Curry

Prep Time: 30 mins

Cook Time: 60 mins

Serves: 20

## INGREDIENTS

1.4kg	Lean beef, diced
1 ½ tsp	Cumin seeds, ground
500ml	Salt reduced beef stock
1 ½ tsp	Sweet paprika
2	Onions, finely diced
2x 400g cans	Diced tomatoes
6	Potatoes, cubed
2 tbs	Olive oil
800g	Pumpkin, cubed
4	Zucchini, diced
1 ½ tbs	Curry powder
3 ⅓ cups	Basmati rice, uncooked
Reduced fat	plain Greek yoghurt, for serving

## STEPS

1. In a large pot on medium heat, place the oil and onion. Cook until the onion becomes translucent. Add the curry powder, cumin and paprika and cook with the onion until fragrant.
2. Add the beef to the pot with the onion and spices and cook, stirring constantly, until browned.
3. Once the beef has browned, add the tomatoes, potatoes, pumpkin, and stock. Stir constantly to remove any of the beef or spices that may have stuck to the bottom of pan.
4. Cover with a lid and cook on low heat for 30 minutes, stirring occasionally. After 30 minutes, add the zucchini to the pot. Stir through, and then cover and cook for a further 30 minutes or until the meat is tender. Remember to stir occasionally to ensure the curry is not sticking to the bottom of the pan.
5. 10 -15 minutes before curry is finished cooking, cook rice following packet instructions.
6. Serve curry with rice and a teaspoonful of Reduced fat plain Greek yoghurt.

# Beef Stroganoff

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 25

## INGREDIENTS

1	Onion, chopped
¼ cup	Plain flour
4	Carrots, sliced
1.8kg	Lean beef strips
4	Celery stalks, sliced
8 tbs	Worcestershire sauce
8 cups	Salt reduced beef stock
¼ cup	Tomato paste
2 tbs	Olive oil
½ cup	Light sour cream
1kg	Button mushrooms, sliced
4 cups	Wholemeal pasta, uncooked
800g	Potatoes small, finely sliced

## STEPS

1. Cook pasta according to packet instructions.
2. Heat oil in a large frying pan over medium heat. Add onion, carrots and celery. Cook gently for 5 minutes. Add potatoes to pan, and cook for 3 minutes.
3. Increase heat to high. Add mushrooms. Cook for 4 minutes or until tender. Set aside.
4. Sprinkle flour into a shallow dish. Lightly coat beef strips in flour. In a non-stick pan, cook beef in small batches until brown. Return beef, onion, potatoes and mushrooms to frying pan. Add stock, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes, or until sauce has thickened slightly.
5. While stroganoff is simmering, cook pasta according to instructions on packet.
6. Remove from heat. Stir through sour cream. Serve with ½ cup of pasta per child.

## HELPFUL TIPS

- Replace pasta with couscous or rice.

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# Beef Tacos

Prep Time: 30-40 mins    Cook Time: 30-40 mins    Serves: 40

## INGREDIENTS

Taco shells (2 per child)	
3	Zucchini, grated
2.8kg	Lean beef mince
6	Tomatoes, chopped
2	Onions, chopped or grated
1	Lettuce small, chopped
2 packets	Taco seasoning
500g	Reduced fat cheese, grated
2x 400g cans	Red kidney beans, pureed or mashed
2	Capsicums, cut into strips
2 cloves	Garlic, crushed or chopped finely
8	Carrots, cut into sticks
4 tbs	Olive or canola oil
4	Cucumbers, cut into chunks

## STEPS

1. Heat oil in a large saucepan or frying pan.
2. Add the meat, onion, garlic and stir fry until meat is brown.
3. Add the taco seasoning, red kidney beans and grated zucchini and taco sauce to the meat and cook for a further 15 minutes.
4. While the meat is cooking, warm the taco shells in a moderate oven.
5. Serve taco shells and meat filling, chopped tomatoes, chopped lettuce and cheese along with a vegetable platter of capsicum strips, carrot strips and cucumber chunks.

## HELPFUL TIPS

- Tacos offer the perfect opportunity for children to serve themselves.
- Salsa or other sauces can be used instead of the taco sauce
- The vegetable platter accompanies the tacos to increase the vegetable serves.
- Bread wraps, soft tacos or mini burritos could be used instead of taco shells.

# Bolognaise

Prep Time: 30 mins    Cook Time: 45 mins    Serves: 40

## INGREDIENTS

2.8kg	Lean beef mince
¾ cup	Tomato paste (no added salt)
4	Onions, chopped
2 tsp	Mixed herbs
6	Carrots, chopped or grated
800g can	Tomatoes, chopped
½ bunch	Celery, finely chopped
4 tbs	Olive or canola oil
3 cloves	Garlic, crushed
½ cup	Fresh parsley, chopped

## STEPS

1. Heat the oil in a large pan, add the onion, carrot, celery and crushed garlic. Stir fry for approx. 5 minutes
2. Add the minced beef and stir fry until meat is browned. This will take 5-10 minutes.
3. Add the tomato paste, mixed herbs and tomatoes.
4. Simmer gently for 15 minutes then fold through the chopped parsley and simmer for a further 5 minutes.

## SERVING SUGGESTION

Serve with ½ cup cooked wholemeal pasta as a source of iron and 1 cup of salad per child.

## HELPFUL TIPS

- Other vegetables could be used or added e.g. grated or diced sweet potato, peas, corn and legumes such as butter beans, red kidney beans and baked beans.
- Using fresh parsley is an opportunity to use fresh herbs from the garden. Chopped fresh oregano could also be used.
- Fresh tomatoes could be used instead of canned tomatoes.
- Small pasta shells are easier for small children to eat than spaghetti or penne pasta
- Provide bowls of parmesan cheese for children to help themselves.

Recipe has been modified from *Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014

# Cheesy Beef Risssoles

Prep Time: 45 mins    Cook Time: 30 mins    Serves: 20

## INGREDIENTS

1.2kg	Lean beef mince
1 ½ cups	Reduced fat cheese, grated
2	Onions, grated
5 tbs	Plain flour
2	Carrots, grated
3	Eggs
2	Zucchini, grated
1 ½ cups	Breadcrumbs
1 ½ cups	Mixed peas and corn
6 tbs	Olive oil
6 tbs	Tomato sauce

## STEPS

1. Combine mince, onion, carrot, zucchini, peas and corn, tomato sauce, cheese, flour and egg in a bowl.
2. Place breadcrumbs in a separate bowl or plate.
3. Divide mince mixture into 20 portions, shape into balls, roll in breadcrumbs, place on baking tray and flatten slightly. Cover and refrigerate for 15 minutes.
4. Heat oil in a large non-stick frypan over medium heat. Cook the patties until cooked through, about 5 mins on each side. Drain on absorbent paper.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread per child and 1 cup of salad or ½ cup of steamed vegetables per child.

## HELPFUL TIPS

- Refrigerating the uncooked patties helps to bind the ingredients, however if time is limited you can skip this step.
- If mixture is too sloppy, add extra breadcrumbs.
- Patties can be baked in the oven instead of frying.

# Chicken and Corn Slice

Prep Time: 15 mins    Cook Time: 45 mins    Serves: 20

## INGREDIENTS

1.2kg	Skinless chicken breast
Water	Cover chicken in saucepan
8	Eggs, lightly beaten
500ml	Natural yoghurt
2 x 420g cans	Creamed corn
2	Zucchinis, grated
1 ½ cups	Plain flour
2 cups	Corn kernels
1 cup	Frozen peas
1 cup	Capsicum, chopped up small
1 ½ cups	Reduced fat tasty cheese, grated
⅓ cup	Parmesan cheese, grated



## STEPS

1. Place chicken in a large saucepan, cover with cold water and bring to simmer over medium heat. Poach for 4-5 mins or until chicken is cooked through. Drain chicken and cool.
2. Preheat oven to 180°C. Process cooked chicken in a food processor for 30 seconds or until finely chopped.
3. Whisk eggs, yoghurt and creamed corn in a bowl. Squeeze the excess liquid from the zucchini and add it to the egg mixture, along with the chicken, flour, corn, capsicum and peas, and parmesan cheese.
4. Pour the mixture into a lined baking pan, sprinkle with grated cheese, and bake for 40-50 mins or until cooked through.

## SERVING SUGGESTION

Serve warm with 1 cup of salad or ½ cup of steamed seasonal vegetables per child.

## HELPFUL TIPS

- Use whatever veggies are in season for a tasty veggie slice – spinach, carrot, mushrooms, broccoli, yum!
- Replace chicken with tuna for a variation.
- The creamed corn can be replaced with cottage cheese if desired.

# Chicken and Vegetable Ragout

Prep Time: 30-40 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

3kg	Chicken breast fillets, cut into bite sized pieces
250g	Frozen spinach
4	Onions, chopped
1 cup	Plain flour
1kg	Carrots, chopped
4-5 tbs	Olive or canola oil
1.5kg	Pumpkin, cut into bite sized pieces
4 tbs	Margarine
2kg	Potato, peeled and cut into bite sized piece
2-3	Salt reduced chicken stock powder (to taste)
500g	Broccoli, broken into small pieces
2 tbs	Garlic
2 x 800g cans	Chopped tomato
8 cups	Basmati rice, uncooked
410g can	Soy beans, drained

## STEPS

1. Heat the oil in a large saucepan or pan, lightly brown the chicken in batches and set aside.
2. Place the chopped onion, garlic, pumpkin, potato, carrot and broccoli in the pan. Cook gently until the vegetables are tender and then add the browned chicken and soy beans.
3. Add the margarine to the vegetables and chicken and when the margarine is melted, sprinkle in the flour, stirring all the time.
4. Add the canned tomatoes and stock powder. Continue to stir while bringing the ragout to the boil. Turn heat down and simmer gently, lid on, for 20 minutes. Stir occasionally.
5. While ragout is simmering, cook the rice
6. Add defrosted spinach to the ragout after it has simmered for 20 minutes, reheat.
7. Serve ragout with rice.

## HELPFUL TIPS

- 4-5 leaves of fresh spinach could be used instead of frozen spinach. Wash fresh spinach well and chop up. Add to ragout with other vegetables.
- Soy beans could be replaced with other legumes such as butter beans, chick peas or red kidney beans.

# Chicken Fingers with Sweet Corn Dip

Prep Time: 20 mins    Cook Time: 20 mins    Serves: 20

Serving Size: 4 Fingers and 1 ½ tablespoons of dip

## INGREDIENTS

### Chicken Fingers

1.5kg	Chicken thighs, fat trimmed
2 tbs	Lemon juice
2 tbs	Fresh flat-leaf parsley, chopped
1 tbs	Olive oil
1 tsp	Minced garlic
1kg	Sweet potato, peeled, cut into 5mm-thick rounds
3 punnets	Cherry tomatoes, halved
4	Cucumbers, sliced thinly
3	Capsicums, sliced into thin sticks
2 cups	Snow peas or sugar snap peas
7 small	Wholemeal pita bread, cut into triangles
Olive oil spray	

### Sweet Corn Dip

400g can	Creamed corn
2 tbs	Sweet chilli sauce
300ml	Reduced fat plain yoghurt

## STEPS

1. Cut chicken thigh into strips and place in a glass or ceramic bowl with the lemon juice, parsley, olive oil and garlic. Mix to combine. Cover and refrigerate for 10 minutes to marinate.
2. Drain chicken from marinade. Preheat a non-stick pan and spray lightly with olive oil. Cook chicken, turning, for 6-8 minutes or until cooked through.
3. In a separate non-stick pan, cook sweet potato for 5 minutes on each side or until tender.
4. Serve 4 chicken fingers on a plate with sweet potato slices, cherry tomatoes, sliced cucumber, capsicum sticks, snow peas, and pita bread.
5. To make the Sweet Corn Dip, place all ingredients into a food processor and blend until smooth. Serve 1½ tablespoons of dip on each plate.

## HELPFUL TIPS

- The strength of sweet chilli sauce varies by brand. Always taste test the dip to determine how much you need to use. If it is too spicy, add extra yoghurt.
- Large tomatoes can be used instead of cherry tomatoes. Simply cut into small bite sized wedges to serve.
- 1 slice of wholemeal toast could be used instead of pita bread.

# Creamy Tuna Pasta

Prep Time: 10 mins    Cook Time: 30-40 mins    Serves: 25

## INGREDIENTS

6 cups            Penne pasta, uncooked  
800g             Corn kernels  
4 cups            Broccoli florets  
2x 375ml cans Reduced fat evaporated milk  
8 large          Carrots  
1 tbs             Cornflour  
200ml            Water  
3 x 425g can    Tuna in spring water

## STEPS

1. Wash broccoli florets. Wash and finely slice carrots.
2. Cook pasta in large saucepan of boiling water, following packet instructions. Add broccoli 5 minutes before pasta is cooked.
3. Add carrots and water to large saucepan over low heat. Cover and allow to cook for 5 minutes or until carrots are soft.
4. Add evaporated milk and cornflour. Bring to the boil.
5. Drain tuna, add to pan. Simmer for 2 minutes.
6. Drain pasta and broccoli. Return to saucepan.
7. Add sauce to pasta and broccoli. Stir gently to combine.
8. Serve immediately.

## HELPFUL TIPS

- Small shell pasta can be used if children struggle to eat penne pasta.

# Fried Rice with Beef

Prep Time: 10 mins    Cook Time: 25 mins    Serves: 20

## INGREDIENTS

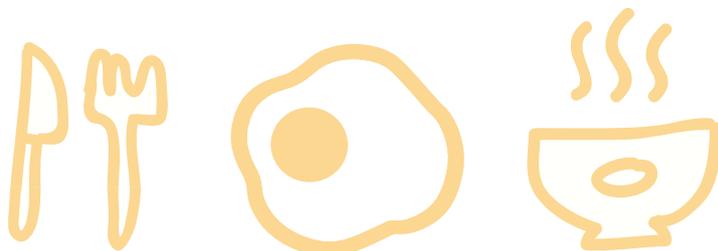
800g            Lean beef, diced  
4 cups         Frozen peas/carrots/corn  
3 1/3 cups      Basmati rice, uncooked  
2                Tomatoes, diced  
4                Eggs  
2                Zucchini, diced  
2                Capsicum, diced  
2 tbs            Salt reduced soy sauce (to taste)  
2                Shallots, finely diced  
Olive oil spray

## STEPS

1. Cook rice according to directions on packet. Drain and set aside.
2. Spray a large non-stick frypan with oil. Crack eggs to make a large omelette. Remove from pan, and once cool slice into small pieces.
3. Cook beef in pan until brown, and then add all vegetables. Cook until vegetables are nearly soft.
4. Add cooked rice to pan, and sliced egg, and slowly add soy sauce to taste. Cook until rice is warmed through.

## HELPFUL TIPS

- Almost any vegetables can be used in this recipe. It's a great way to use up any leftover vegetables. Frozen, fresh or canned vegetables work equally well.
- Beef can be replaced with chicken, pork or tofu.



# Hawaiian Meat Balls

Prep Time: 30-40 mins    Cook Time: 60 mins    Serves: 40

## INGREDIENTS

### Meatballs

½ cup	Plain flour, for coating meatballs
1 ½ cups	Rice
4 tbs	Olive or canola oil
3kg	Pork mince
3 cloves	Garlic, crushed
2	Onions, chopped
1tbs	Mixed herbs
½ cup	Fresh parsley, chopped
3	Red capsicums, finely diced
6	Eggs, well beaten

### Sauce

4 x 450g cans	Crushed pineapple (don't drain)
200ml	Soy sauce
¾ cup	Tomato or bbq sauce
5 tbs	Corn flour

## STEPS

1. Cook the rice, drain.
2. Mix together the mince, garlic, eggs, capsicum, herbs, parsley and rice.
3. Make meat balls (2 tbs of mince each). Dust with flour and slightly flatten.
4. Heat oil in large pan and cook meat balls in batches. Cook for about 10 mins (5 mins on each side) or until cooked right through. Meat should be well cooked, not rare.
5. As each batch of meatballs is cooked, drain on absorbent paper and keep warm.
6. Make sauce by blending the corn flour with a small amount of water to make a smooth paste. Stir this into all the other sauce ingredients. Stir continuously over moderate heat until it comes to the boil and thickens. Pour over or serve with meat balls.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad per child.

## HELPFUL TIPS

- Meat balls could be cooked in the oven. Place onto a greased oven tray and bake in a moderate oven.
- Serve sauce in small jugs so children can help themselves.

# Honey Soy Lamb Stir Fry

Prep Time: 25 mins    Cook Time: 15-20 mins    Serves: 20

## INGREDIENTS

2 tbs	Olive oil
1/3 cup	Reduced salt soy sauce
1.4kg	Lean lamb fillets, cut into strips
1/3 cup	Honey
1kg	Wholemeal noodles
10 cups	Vegetables, chopped (e.g. bok choy, carrot, capsicum, snow peas, mushrooms, zucchini, tomato, broccoli)

## STEPS

1. Heat oil over high heat in non-stick frypan or wok.
2. Add lamb and brown. May need to do this in batches, removing each batch once cooked.
3. Add vegetables and cook for 3-4 minutes. Add lamb back into pan with vegetables.
4. Cook noodles as per the instructions and combine with honey and soy sauce. Stir over gentle heat until heated through.

## HELPFUL TIPS

- Adapt amount of soy sauce and honey to taste, depending on which vegetables are used.
- Choose seasonal vegetables for affordability.
- Replace noodles with basmati rice or other pasta.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, *Healthy Food for babies and toddlers*, 2013

# Kid's Ratatouille

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 20

## INGREDIENTS

2 large	Onion, finely chopped
3	Capsicums, seeded and diced (mix of colours if available)
2 tbs	Olive oil
3 punnets	Cherry tomatoes, halved
2 large	Zucchini, diced
2 tsp	Minced garlic
4 sticks	Celery stalks, finely chopped
2x 425g cans	Diced tomatoes
2 tsp	Fresh basil, finely chopped (or 1 tsp dried)
420g can	Corn kernels

## STEPS

1. Heat oil in a large saucepan and sauté onion until soft.
2. Add zucchini, celery, capsicums, corn kernels and garlic. Cover and cook gently for 10 minutes.
3. Add cans of tomatoes and cherry tomatoes and cook for 15-20 minutes or until vegetables are soft.
4. Add basil for last 2 minutes of cooking and stir through well.

## SERVING SUGGESTION

Serve as a side-dish with Lamb Meatballs (this would provide an additional  $\frac{3}{4}$  serve of protein per child). Alternatively, serve Kid's Ratatouille with other meat/chicken/fish meals.

## HELPFUL TIPS

- Drain well to serve for toddlers.
- Place leftovers in a food processor and blend until smooth, and serve as a dip with wholegrain crackers or rice crackers. For a creamier dip, add a tablespoon of reduced fat plain yoghurt.

# Lamb and Noodle Hot Pot

Prep Time: 30-40 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

2.8kg	Lean lamb, cubed
1kg	Frozen peas
3	Onions, chopped
1 tbs	Curry powder
4	Green apples, skin on, diced
2 x 440g cans	Beef or lamb soup (ready to eat)
8	Carrots, diced or grated
300g can	Tomato soup (concentrate)
½ bunch	Celery, chopped
1.5kg	Wholemeal pasta, cooked and drained
4 cups	Diced pumpkin
4 tbs	Olive or canola oil

## STEPS

1. Lightly brown the lamb and onion in the oil.
2. Add all the other ingredients except the pasta, to the meat.
3. Bring to the boil then reduce the heat, place the lid on and simmer gently until the meat is tender– about 1 hour.
4. About 30 minutes before the meat is finished, cook the pasta.
5. Cooked pasta can be stirred through the meat, or it can be served separately.

## SERVING SUGGESTION

Serve with 1 cup of salad per child.

## HELPFUL TIPS

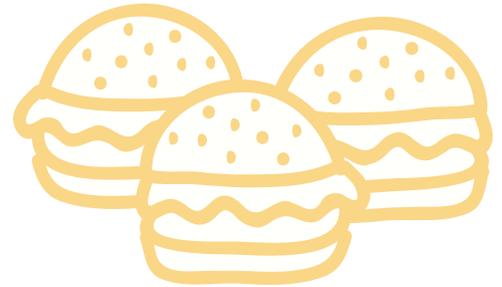
- Pork could be used instead of lamb.
- This dish could be cooked in a slow cooker or casseroled in a moderate oven. If a slow cooker is used, the cooking time will be much longer and will need to be planned for.
- Tomato puree could be used instead of tomato soup.

# Lamb Burgers

Prep Time: 30 mins    Cook Time: 30-40 mins    Serves: 40

## INGREDIENTS

2.8kg	Lamb mince
10	Tomatoes, sliced
3 tbs	Olive or canola oil
6	Cucumbers, sliced or cut into sticks
1 cup	Wheat germ
1 small	Lettuce, shredded
6	Carrots, grated
20 slices	Reduced fat cheese, cut in half
40	Wholemeal hamburger buns or wholemeal bread
200g	Margarine
	Barbeque sauce (optional)



## STEPS

1. Mix the wheat germ and grated carrot through the lamb mince. Make mince patties and flatten so as to fit on a hamburger bun.
2. Heat the oil and cook patties for at least 5 minutes on each side.
3. Cut cucumber and carrot into sticks or slices. These can be served alongside the burger as finger food.
4. Slice tomato, shred lettuce and cut cheese slices in half ready to place on the buns.
5. Warm or toast buns if desired, spread with margarine.

## HELPFUL TIPS

- Cucumber could be sliced and placed in the hamburger bun along with the meat however this may make it difficult for children to manage.
- Wholemeal breads other than hamburger buns could be used, e.g. Turkish bread could be warmed and sliced to make a 'sandwich type' hamburger, or pocket bread could be used.
- Meat patties could be baked in a moderate oven instead of cooking in a frypan.
- Extra finger food vegetables could be served e.g. small pieces of cauliflower and broccoli.
- Burgers offer an opportunity for children to participate in assembling their own meal.
- Beef could be used instead of lamb.

# Lamb Meatballs

Prep Time: 20 mins Cook Time: 40 mins Serves: 20

Serve Size: 3 meatballs with ½ cup cooked rice

## INGREDIENTS

3 ⅓ cups Basmati rice, uncooked

### Meatballs

1.4kg Lamb mince  
3 Onions, grated  
3 cups Carrot, grated  
¾ tsp Cumin, ground  
¾ tsp Dried mint

### Sauce

2 tbs Olive oil  
2 Onions, diced  
1 tsp Minced garlic  
4 tbs Tomato paste  
4 x 400g cans Whole tomatoes, strained and chopped  
1 tsp Dried oregano

## STEPS

To make meatballs:

1. Preheat oven to 180°C.
2. Add all the meatball ingredients in a large bowl, mix with your hands to combine and roll into tablespoon size balls.
3. Spray 2 oven trays with olive oil and carefully place meatballs in the trays.
4. Place in the oven for 15 minutes and then transfer to the tomato sauce.

To make sauce:

1. In a large saucepan, heat oil over medium heat. Add onions and sauté for 1-2 minutes, followed by garlic.
2. After 2-3 minutes, add tomato paste, stir to combine and cook for 3-4 minutes. Once the tomato paste starts sticking to the bottom of the pan, add diced tomatoes and oregano.
3. Reduce heat to a simmer and cook for 15 minutes with the lid on. When meatballs are ready to come out of the oven, add them to the sauce (discarding the meat juices in the pan). Cook for a further 15-20 minutes on low heat with the lid off, stirring occasionally.
4. 10-15 minutes before the meatballs are finished cooking, cook the rice according to the directions on the packet. Serve meatballs and sauce with rice.

Recipe has been modified from original recipe sourced at [www.kidspot.com.au](http://www.kidspot.com.au)

# Lasagne

Prep Time: 20 mins    Cook Time: 60 mins    Serves: 40

## INGREDIENTS

1 quantity    Bolognaise (see recipe for Bolognaise on page 26)  
2.4kg        Ricotta cheese  
1.4kg        Instant Lasagne sheets  
1 ½ cup      Parmesan cheese, grated

## STEPS

1. Preheat oven to 200°C.
2. Prepare bolognaise according to recipe.
3. Place small spread of meat sauce on the base of a large baking dish. Add one layer of lasagne sheets.
4. Top with layer of meat sauce and half the ricotta cheese.
5. Continue layering lasagne sheets and bolognaise sauce, repeating until dish is almost full. Finish with layer of bolognaise sauce.
6. Top with remaining ricotta cheese and sprinkle parmesan over the top.
7. Bake in oven for 60 minutes.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and ½ cup of mixed vegetables per child.

## HELPFUL TIPS

- Lasagne sheets can be made, using flour and eggs (make a dough using 1 egg per 100g of flour). It's a great way for the children to be involved by helping to use the pasta roller, and is also a good opportunity to cook with fresh eggs if you have chickens.

# Lentil Soup

Prep Time: 30-40 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

3 cups            Brown or green lentils  
3 cups            Red lentils  
4                  Onions, chopped  
6                  Zucchini, chopped  
10                 Carrots, sliced thinly or chopped  
½ bunch         Celery, chopped  
2 x 400g cans   Soy beans, drained  
200ml            Salt reduced soy sauce  
4 -5 litres       Water

## STEPS

1. Soak the brown or green lentils overnight in water if possible, covered and refrigerated. Drain and rinse. Red lentils do not need to be soaked.
2. Combine all ingredients in a large saucepan or boiler. Bring to the boil, turn heat down, cover and simmer for about 1 hour.
3. This soup may be pureed.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread or damper per child.

## HELPFUL TIPS

- If soup is to be served to toddlers, leave soy sauce out of the recipe.

# Moroccan Lamb with Couscous

Prep Time: 45 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

2.75kg	Diced lamb
2	Red capsicum, chopped
2	Onions, chopped
3x 420g cans	Mixed beans
½ bunch	Celery, chopped
2 x 800g cans	Chopped tomatoes
6	Carrots, diced or sliced
1kg	Pumpkin, cut into 'chunks'
3	Zucchini, chopped
5 tbs	Olive or canola oil
16 cups	Couscous

## STEPS

1. Heat the oil in a large saucepan and brown the lamb in batches. Set aside.
2. Lightly cook onion in the pan. Add meat, celery, carrot, pumpkin, capsicum and mixed beans. Add the tomatoes and bring to the boil. Turn the heat down and simmer gently until meat is tender. The zucchini doesn't take long to cook so can be added in the last 15 minutes or so.
3. Make couscous according to the directions on the packet.

## SERVING SUGGESTION

Serve sprinkled with chopped fresh coriander or parsley from the garden (optional).

## HELPFUL TIPS

- Chicken could be used instead of lamb
- Use wholemeal couscous if available
- Sweet potato could be used instead of pumpkin
- Legumes such as chick peas, butter beans or red kidney beans could be used instead of mixed beans.
- If this recipe is too 'sloppy', the amount of tomato could be slightly reduced next time OR up to 1 cup of red lentils could be added at the beginning of the cooking time. Red lentils do not need to be soaked or precooked. They will cook, soften and break up in about 20 minutes.

# Pea and Chicken Frittata

Prep Time: 30 mins    Cook Time: 60mins    Serves: 25

## INGREDIENTS

2 tbs	Olive oil
4 cups	Peas
1	Onion, chopped
4 large	Boiled potatoes, sliced
18	Eggs
2 cups	Reduced fat cheese, grated
900g	Chicken, cooked and diced

## STEPS

1. Heat oil in pan and add onions. Stir and cook until soft but not brown.
2. Add chicken, peas and potato. Gently stir to heat through.
3. Whisk eggs in separate bowl.
4. Place chicken and vegetables into ovenproof dish.
5. Sprinkle grated cheese over chicken and vegetable mixture.
6. Pour egg mixture over chicken, vegetables and cheese.
7. Bake in oven at 160°C for 30 minutes (or until cooked through).

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of steamed vegetables per child.

## HELPFUL TIPS

- To make tuna and broccoli frittata, replace chicken with 800g drained tuna in spring water, replace peas with equal quantity of broccoli florets, and add 400g corn kernels.



# Sausage Rolls

Prep Time: 30 mins    Cook Time: 25 mins

Serves: 20    Serve Size: 3 sausage rolls

## INGREDIENTS

1 ½ cups	Breadcrumbs
1	Onion, grated
750g	Lean beef mince
1 tbs	Dried mixed herbs
2	Eggs, plus 1 extra egg
2 tbs	Tomato paste
1	Zucchini, finely grated
6 sheets	Frozen puff pastry, just thawed
2	Carrots, finely grated
Tomato or sweet chilli sauce to serve	

## HELPFUL TIPS

- Use a piping bag for a quicker way to spread mince filling onto pastry. Ensure it is a bag dedicated to use with meat and is never used for raw foods such as icing!
- Chilling the rolls prior to baking helps the pastry to puff.
- Beef mince can be replaced with chicken mince.

## STEPS

1. Preheat oven to 200°C and line 4 baking trays with baking paper.
2. Process breadcrumbs, mince, and 2 eggs in a food processor until well combined. Place in bowl and mix well with vegetables, herbs and tomato paste.
3. Cut 1 pastry sheet in half. Spoon 2-3 tbs of the mixture lengthways along the centre of each piece. Fold 1 edge of pastry over and tuck in beside filling, then fold over the other side to make a roll, pressing down lightly to seal. Repeat with remaining pastry and filling.
4. Cut each roll into 4 pieces and cut 2 small incisions into each roll to prevent splitting. Place on baking sheets, cover and chill for 10-20 minutes.
5. Brush with beaten egg. Bake for 25-30 minutes until the rolls are lightly golden and cooked through.

## SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup of vegetable sticks per child.

# Shepherd's Pie

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 20    Serve size: 1 slice

## INGREDIENTS

800g	Potatoes, peeled and cubed
½ cup	Reduced fat milk
1kg	Sweet potato, peeled and cubed
2	Carrots, finely chopped
2	Celery stalks, finely chopped
2	Onions, finely chopped
2	Zucchini, finely chopped
20g	Margarine
1 tbs	Olive oil
1.2kg	Lean beef mince
1 tsp	Minced garlic
2 tbs	Worcestershire sauce
1 cup	Reduced salt tomato sauce
2 x 400g cans	Diced tomatoes
3 tsp	Salt reduced beef stock, dissolved in 1 ½ cups water
1 cup	Frozen green beans
1 cup	Frozen peas
2 tsp	Gravy powder
1 cup	Frozen corn kernels
2 cups	Mozzarella cheese, grated

## STEPS

1. Preheat oven to 200°C.
2. Cook potato and sweet potato in a saucepan of boiling water until tender.
3. Mash potatoes with milk and margarine (or process in a food processor) until smooth. Set aside.
4. Heat oil in a non-stick pan. Add the carrot, zucchini, celery and onion, and sauté with garlic for 10 minutes.
5. Add mince, frozen veg, canned tomatoes, sauces and stock. Cook, stirring, until boiling. Add gravy powder to thicken, and simmer for 3 minutes.
6. Spoon into a large baking tray. Top with mashed potato and sprinkle cheese over top.
7. Bake in oven for 30-35 minutes until golden brown.
8. Cut into 20 even slices to serve.

# Sweet Potato and Chickpea Patties

Prep Time: 60 mins    Cook Time: 30 mins    Serves: 25

## INGREDIENTS

1.5kg	Sweet potato
2	Zucchinis, grated
1	Red onion, small, finely chopped
4x 400g cans	Chickpeas
2 cups	Breadcrumbs
2 tbs	Lemon juice
4	Eggs

## STEPS

1. Preheat oven to 180°C.
2. Peel and chop sweet potato into small pieces.
3. Steam sweet potato for 20 minutes or until tender.
4. Drain sweet potato. Drain and rinse chickpeas.
5. Mash sweet potato and chickpeas with lemon juice until smooth. Place in fridge to cool for 30 minutes.
6. Combine sweet potato and chickpeas with onion, zucchini, breadcrumbs and egg.
7. Take small handfuls of mixture and roll into balls. Flatten gently to form patties.
8. Line baking tray with non-stick baking paper. Place patties on lined tray.
9. Spray lightly with olive oil spray.
10. Bake in oven at 180°C, turning once, for 30 minutes or until golden.
11. Serve with Turkish bread, chutney and salad or soft vegetables.

## HELPFUL TIPS

- Replace sweet potato with white potato, replace chickpeas with 720g of drained tuna in spring water, and add 500g of canned sweet corn (drained) at step 7.

# Tandoori Chicken

Prep Time: 40 mins    Cook Time: 60-90 mins    Serves: 40

## INGREDIENTS

3kg	Chicken breast fillets, diced
500g	Sweet potato, finely diced or grated
Juice of 2	Lemons
500g	Pumpkin, finely diced
300g	Reduced fat plain yoghurt
2	Onions, chopped
1 tbs	Crushed garlic
4 tbs	Olive or canola oil
1 x 290g	Tandoori paste
2	Red capsicums, diced
2	Green capsicums, diced
8 cups	Basmati rice, uncooked

## STEPS

1. Combine half the tandoori paste with the lemon juice and yoghurt. Add chicken and marinate overnight, or if not possible, for at least 2 hours (covered in the refrigerator).
2. Place chicken in baking dishes, bake in a moderate oven until chicken is cooked through.
3. While the chicken is cooking place the rice on to cook.
4. While chicken is cooking, lightly fry the onion in the oil and garlic, add vegetables and continue to stir fry until vegetables are just tender. Capsicums should be added close to the end of the cooking time so that they retain their crispness.
5. Add the remainder of the tandoori paste to the vegetables. Combine the vegetables and chicken and heat through if necessary.

## SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup seasonal vegetables per child.

## HELPFUL TIPS

- Capsicums could be replaced with chopped celery or chopped green beans.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014

# Toddler Chicken Couscous

Prep Time: 25 mins    Cook Time: 15-20 mins    Serves: 20

## INGREDIENTS

1.5kg	Chicken thigh or breast, diced small
1	Onion, peeled and chopped
2 ¼ cups	Salt reduced chicken stock
2	Zucchinis, finely diced or grated
3 cups	Couscous
6	Tomatoes, finely diced
3 tbs	Olive oil
3	Capsicums, finely diced



## STEPS

1. Heat oil in a large non-stick frypan. Sauté onion on medium heat until soft.
2. Add diced chicken and stir-fry until chicken is almost cooked through.
3. Place couscous in a separate bowl. Boil chicken stock and pour over couscous. Allow it to stand for approx. 6-8 minutes or until liquid is absorbed.
4. Add zucchini and capsicum to chicken and cook for approx. 6 minutes or until softening, stirring frequently. Add tomatoes and cook for another 2-3 minutes.
5. Fluff the couscous with a fork and mix in the chicken and vegetables. Serve.

## HELPFUL TIPS

- Replace vegetables with frozen vegetables such as peas, carrots and corn
- Use up any leftover vegetables such as broccoli, cauliflower, or pumpkin
- If additional couscous is needed, use 1 cup dry couscous to ¾ cup stock.

# Tomato Glazed Meatloaf

Prep Time: 30-40 mins    Cook Time: 60 mins    Serves: 40

## INGREDIENTS

### Meatloaf

2.8kg	Lean beef mince
2 cups	Wheat germ
3 cups	Zucchini, grated
3 cups	Carrots, grated
4	Onions, chopped
1 cup	Chopped parsley
½ cup	Tomato sauce
5	Eggs, beaten

### Glaze

1 cup	Tomato sauce
¼ cup	Worcestershire sauce
¼ cup	Brown sugar
1 large	Tomato, finely chopped

## STEPS

1. Combine all meat loaf ingredients and mix well. Press the mixture into greased oven proof dishes. Bake at 180°C for approx. 60 minutes.
2. When cooked, remove from the oven and drain off any visible fat.
3. Combine all the glaze ingredients in a saucepan and gently heat through.
4. Pour glaze over meatloaf just before serving.

## SERVING SUGGESTION

Serve with 1 cup of vegetables such as mashed potato, a green and a yellow vegetable per child.

## HELPFUL TIPS

- Wholemeal breadcrumbs can be used instead of wheat germ. 2 slices of bread will make 1 cup of breadcrumbs.
- Worcestershire sauce can be replaced with barbeque sauce.

# Tuna and Sweet Corn Bake

Prep Time: 40-45 mins    Cook Time: 30-40 mins    Serves: 40

## INGREDIENTS

6 x 425g cans    Tuna, drained  
8 cups            Rice  
10                Eggs  
4                 Onions, chopped  
100g             Margarine  
100g             Plain flour  
3L                Reduced fat milk  
250g             Reduced fat cheese, grated  
500g             Frozen corn kernels  
500g             Frozen peas

## STEPS

1. Place rice on to cook, and hard boil the eggs. Remove eggs from the hot water as soon as they are cooked.
2. Melt margarine in a large saucepan, add onion and cook gently until soft. Remove from heat.
3. Stir in the flour and cook gently for 3-5 minutes. Remove from heat.
4. Stir in the milk and return to moderate heat. Stir continuously until the sauce comes to the boil. Turn heat down and boil gently for 2-3 minutes.
5. Add the drained tuna, rice, chopped up hard cooked egg, peas, corn and  $\frac{3}{4}$  of the cheese to the sauce.
6. Pour sauce into a greased ovenproof dish, sprinkle with remainder of the grated cheese and bake in a moderate oven (180°C) until heated and the cheese has melted.

## SERVING SUGGESTION

Serve with 1 cup of salad and a slice of wholemeal bread spread with margarine per child.

## HELPFUL TIPS

- Rice and eggs can be cooked the day before and refrigerated.
- If there is no oven space available, the sauce could be served directly onto the rice and sprinkled with cheese. There is no real need for this dish to be reheated in the oven.
- Choose tuna canned in spring water to reduce the salt content of this recipe.

# Tuna and Vegetable Fritters

Prep Time: 15 mins    Cook Time: 15 mins    Serves: 20    Serve size: 2 fritters

## INGREDIENTS

1 ½ cups    Self raising flour  
425g can    Corn kernels  
½ cup    Wholemeal self raising flour  
2 cups    Frozen peas  
1 ½ cups    Carrots, finely chopped  
4    Eggs  
2    Onions, finely chopped  
⅔ cup    Reduced fat milk  
⅓ cup    Parmesan cheese, grated  
2 x 425g cans    Tuna in Brine, well drained  
Olive oil spray

## STEPS

1. Whisk together eggs, milk and parmesan cheese.
2. Place flour into a mixing bowl. Make a well in the centre and gradually pour in the egg mixture, stirring gently to combine.
3. Fold in the corn kernels, carrots, peas, onion and tuna; taking care not to over-mix or the fritters will be tough.
4. Spray a non-stick pan with oil. Place ¼ cupful's of mixture into the pan, allowing room for spreading. Press down gently to flatten (if the fritters are too thick, the centre won't cook properly).
5. Cook for 2-3 minutes on each side until golden brown, ensuring the centre is not doughy. Repeat in batches with the remaining mixture.

## SERVING SUGGESTION

Serve with ½ cup steamed seasonal vegetables or 1 cup of salad per child.

## HELPFUL TIPS

- Mixture should be the texture of thick pikelet batter. Add extra reduced fat milk if needed.

# Vegetarian Delights

Prep Time: 25 mins    Cook Time: 25 mins    Serves: 20    Serve size: 2 patties

## INGREDIENTS

2 x 425g cans    Lentils, rinsed and drained  
2 cups          Frozen peas  
½ cup          Reduced fat milk  
4                Spring onions, finely chopped  
2                Potatoes, peeled and halved  
2 cups          Wholemeal bread crumbs  
1                Sweet potato, peeled and chopped  
2                Eggs, slightly beaten  
1                Carrot, grated  
1                Zucchini, grated  
1 ½ cups        Parmesan cheese, grated  
½ tsp          Mixed dried herbs  
1 ½ cups        Reduced fat cheddar cheese, grated  
2 tbs          Olive oil  
Flour or additional breadcrumbs to coat

## STEPS

1. Steam potatoes and sweet potato until soft. Drain and mash, slowly adding milk.
2. Cook peas in microwave for 2-3 minutes.
3. Combine all ingredients in a large bowl and mix well.
4. Roll mixture into small patties and coat in flour or breadcrumbs.
5. Heat oil in non-stick pan. Cook patties for 3-4 minutes either side or until golden brown.

## SERVING SUGGESTION

Serve with a wholemeal roll and 1 cup of salad per child.

## HELPFUL TIPS

- Substitute carrot, peas and spring onions for zucchini, corn and red onion.
- Substitute potato and sweet potato for pumpkin. If using pumpkin, add an additional egg and extra breadcrumbs to hold mixture together.

# Vegetarian Lasagne

Prep Time: 20 mins    Cook Time: 30 mins    Serves: 20

## INGREDIENTS

3	Carrots, finely chopped	425g can	Cannellini beans or chickpeas, rinsed or drained
1	Sweet potato, peeled and diced		
2 cups	Broccoli, chopped into small chunks	2 x 250ml	Pasta sauce
2	Green capsicums, diced	½ cup	Barbeque sauce
2	Red capsicums, diced	2 tsp	Dried mixed herbs
2	Onions, finely chopped	12 large	Lasagne sheets (dried or fresh)
2 cans	Diced tomatoes	600g	Reduced fat ricotta cheese
4 cups	Mushrooms, sliced	1 cup	Reduced fat Mozzarella cheese, grated
4	Zucchinis, finely chopped	¼ cup	Parmesan cheese, grated
			Olive oil spray

## STEPS

1. Preheat the oven to 180°C.
2. Cook carrots and sweet potato in the microwave for approximately 8 minutes. Put into a large saucepan with all the other vegetables, add a little water and stir for approx. 10 mins over a high heat.
3. Lightly mash beans or chickpeas. Stir in sauces and herbs. Add to large saucepan. Cover and simmer for approx. 10 mins until the vegetables are tender.
4. Spray baking dish/s with olive oil. Spoon half the vegetables into the baking dish. Place a layer of lasagne sheets on top of the vegetables and top with ricotta cheese to cover the sheets. Add more vegetables, and more lasagne. Spread another layer of ricotta. Sprinkle parmesan cheese on top of ricotta, then cover with grated cheese.
5. Cook in the oven for approx. 30 mins, or until the lasagne is soft and the cheese is golden.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of mixed vegetables per child.

## HELPFUL TIPS

- Substitute different vegetables to use what is in season. Alternatively, frozen peas/ carrot/corn could be used. Fresh herbs could be used from the vegetable garden instead of the dried mixed herbs.
- Fresh lasagne sheets will cook faster than dried sheets.

Recipe has been modified from original recipe sourced from Better Health Channel at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

# Zucchini Slice

Prep Time: 45-60 mins    Cook Time: 30-40 mins    Serves: 40

## INGREDIENTS

2kg	Zucchini
4	Onions, chopped
500g	Lean ham, chopped
3 cups	Reduced fat cheese, grated
3 cups	Wholemeal self raising flour
2 cups	Frozen corn kernels
2 cups	Frozen peas
24	Eggs, beaten



## STEPS

1. Grate the unpeeled zucchinis.
2. Combine all ingredients and pour into greased, ovenproof dishes.
3. Bake in a moderate oven (180°C) for 30-40 minutes.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread spread with margarine per child.

## HELPFUL TIPS

- Vegetables other than corn and peas could be used, e.g. grated pumpkin, grated sweet potato or finely diced capsicum.
- Remove ham for a vegetarian option.
- Add herbs such as chopped thyme or parsley for added flavour.
- Serve with a garden salad.



# Apricot and Banana Muffins

Prep Time: 20 mins

Cook Time: 15-20 mins

Serves: 24

Serve Size: 1 Muffin

## INGREDIENTS

2 cups	Dried apricots, chopped small
½ cup	Sugar
1 cup	Apricot nectar
4	Bananas, mashed
2 cups	Wholemeal self raising flour
2 cups	Self raising flour
2	Eggs, lightly beaten
3 tbs	Margarine, melted
½ cup	Reduced fat milk

## STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. Place apricots and nectar in a saucepan, bring to the boil. Remove from heat and allow to cool.
3. Sift flours into a large bowl. Add sugar.
4. In a separate bowl, combine apricots and nectar, bananas, eggs, margarine and milk.
5. Add liquid ingredients to dry ingredients, mix well until just combined. Do not over mix.
6. Spoon mixture into lightly greased muffin trays, bake for 15-20 minutes until golden brown.

## HELPFUL TIPS

- Use over-ripe bananas for a stronger flavour. When bananas get too ripe in the fruit bowl, put them in the freezer. Then simply defrost and add to recipes.
- Freeze leftover muffins to use for 'late snacks'.

# Banana Bread

Prep Time: 30 mins    Cook Time: 20-30 mins    Serves: 20

## INGREDIENTS

2 cups	Self raising flour
6 tbs	Golden syrup
2 cups	Wholemeal self raising flour
4	Eggs
2 tsp	Baking powder
4	Ripe bananas, large (or 6 smaller ones)
3 cups	Infant rice cereal (iron enriched)
2 cups	Reduced fat milk
1 cup	Wheat germ
½ cup	Olive or canola oil
1 cup	Brown sugar
2 cups	Sultanas or chopped dates (optional)

## STEPS

1. Combine all the dry ingredients (flour, cereal, wheat germ, brown sugar and baking powder). Mix well making sure there are no lumps. If using sultanas or chopped dates, add now.
2. Beat the eggs and add the mashed banana, golden syrup, milk and oil. Stir and add to the dry ingredients. Mix well.
3. Grease and line the base of cake tin(s), then spoon mixture into them.
4. Bake at 170°C for 20-30 minutes. Test with a skewer to make sure the centre is cooked.



# Carrot, Banana and Sultana Muffins

Prep Time: 10 mins    Cook Time: 20-25 mins    Serves: 20    Serve Size: 1 Muffin

## INGREDIENTS

¼ cup	Caster sugar
3	Eggs
1 ½ tbs	Lemon rind, finely grated
¾ cup	Canola oil
1 ½ cups	Wholemeal self raising flour
1 tsp	Bicarb soda
2	Bananas
2 cups	Carrot, grated
½ cup	Sultanas
Pinch	Table salt

## STEPS

1. Preheat oven to 180°C.
2. In a bowl, combine eggs, sugar and grated lemon zest. Mix in the oil, flour, bicarb soda and salt.
3. Mash 1 of the bananas and stir into mixture, along with grated carrot and sultanas.
4. Evenly spoon the mixture into muffin tins to make 20 medium sized muffins. Thinly slice the second banana and place a slice on top of each muffin.
5. Bake in the oven for approx. 20 –25 minutes. Remove from oven and cool on a wire rack before serving.

## HELPFUL TIPS

- Dates can be used instead of sultanas. Chop them up small.



# Cheese and Vegemite Scrolls

Prep Time: 10 mins    Cook Time: 20 mins    Serves: 20    Serves Size: 1 Scroll

## INGREDIENTS

6 cups	Self raising flour
650ml	Reduced fat milk approx.
Pinch	Table salt
3-4 tbs	Vegemite
100g	Margarine
400g	Reduced fat tasty cheese, grated

## HELPFUL TIPS

- Tomato paste can be used as a variation to vegemite. Sprinkle some basil or oregano onto the tomato paste before sprinkling the cheese.
- Lean diced ham and tomato paste could be used to make pizza scrolls.

## STEPS

1. Preheat oven to 220°C.
2. Sift flour and salt into a bowl then rub through margarine. Stir in enough milk to make a soft dough.
3. Working with half the dough at a time, knead gently on a lightly floured surface and roll out to form a 40cm x 25cm rectangle.
4. Spread the vegemite over the dough then sprinkle  $\frac{3}{4}$  of the cheese. Roll up along the long side to enclose the cheese.
5. Cut each roll into 12 x 2cm thick pieces and place close together, cut side up, on a greased baking tray.
6. Sprinkle with the remaining cheese and bake for 15-20 mins or until cooked and golden.

Recipe has been modified from the original recipe sourced from [www.vegemite.com.au/#recipes](http://www.vegemite.com.au/#recipes)

# Creamy Avocado Dippers

Prep Time: 10 mins    Cook Time: 0 mins    Serves: 20

Serve size: 1 tablespoon dip with ½ cup vegetable sticks and ¼ slice pita bread

## INGREDIENTS

### Dip:

1 ½ cup	Reduced fat Greek-style plain yoghurt
6	Ripe avocados
1 tsp	Minced garlic
Juice of 2	Lemons
¼ tsp	Ground cumin

### Dippers:

10 cups	Seasonal vegetables such as capsicum, cucumber, snow peas, celery, cut into small sticks
5 slices	Wholemeal pita bread, cut into small triangles and toasted.

## STEPS

1. To make dip, place all ingredients in a food processor and process until smooth. Serve immediately as it will turn brown over time.
2. Serve each child a small bowl containing 1 tablespoon of dip, ½ cup of vegetable sticks and ¼ piece of pita bread triangles.

## HELPFUL TIPS

- Leftover dip can be stored in the fridge covered with plastic wrap that is flush with dip (i.e. no air pockets) to minimise browning.

# Date Loaf

Prep Time: 15 mins    Cook Time: 60-75 mins    Serves: 40

## INGREDIENTS

4 cups            Dates  
½ cup            Orange juice  
2 cups            Water  
4 cups            Self raising wholemeal flour  
4                  Eggs, beaten  
2 tsp             Cinnamon  
½ cup            Golden syrup  
Olive oil spray

## STEPS

1. Combine dates and water in a saucepan and simmer gently for about 5 minutes or until dates have softened and blended in with the water. Stir occasionally. Allow mixture to cool.
2. Combine the beaten eggs, golden syrup and orange juice then add to the cooled dates.
3. Gently fold in the flour, do not over mix.
4. Pour into 2 greased, lined loaf tins and bake at 170°C for about 60 minutes. Test with a skewer to make sure the centre of the loaf is cooked.
5. Turn onto a cake cooler. Slice when cold.

## HELPFUL TIPS

- 2 cups of grated carrot could be added.
- Mixture can be cooked in mini muffin tins, which will reduce the cooking time.
- If cooking in a loaf tin, the oven temperature may need to be reduced slightly in the second half of the cooking time to prevent the loaf over browning.
- Cutting dates in half (using kitchen scissors) will speed up the softening time and help ensure there are no seeds.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014

# Iron Rich Muffins

Prep Time: 30 mins

Cook Time: 15 mins

Serves: 40

Serve Size: 1 Muffin

## INGREDIENTS

¾ cups	Margarine
2 cups	Iron fortified infant cereal
½ cup	Sugar
1 cup	Wholemeal self raising flour
3 tbs	Golden syrup
2 cups	Self raising flour
4	Eggs, beaten
1 ½ cups	Reduced fat milk
	Vanilla to taste



## STEPS

1. Cream together the margarine, sugar and golden syrup. Gradually add the beaten eggs.
2. Gently stir in the milk.
3. Fold through the combined flour and cereal.
4. Spoon into patty papers or well greased cupcake tins.
5. Bake in a moderate oven (180°C) for about 15 minutes. Test with a skewer.

## HELPFUL TIPS

- The mixture can be cooked as a slab cake then cut into 40 serve size pieces, or as a fruit upside down cake. Cook it for 20-30 minutes at 150°-170°C.
- All wholemeal self raising flour could be used.
- For variety, try adding some dried fruit like sultanas.

# Mini Peach Muffins

Prep Time: 20 mins    Cook Time: 15 mins    Serves: 40    Serve Size: 2 mini muffins

## INGREDIENTS

¼ cup	Sugar
820g can	Peaches, diced
2 cups	Reduced fat milk
2 cups	Wholemeal self raising flour
2 cups	Self raising flour
1 ½ tbs	Ground cinnamon
4 tbs	Olive oil

## STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. In a large bowl mix sugar, milk and oil, then stir in peaches.
3. Add flour and cinnamon, and mix until just combined. Don't over mix.
4. Spoon mixture into prepared muffin tray and bake in moderate oven for 12-15 mins.

## SERVING SUGGESTION

Serve with ½ cup of reduced fat yoghurt per child or serve with ½ cup chopped up seasonal fresh fruit per child.

## HELPFUL TIPS

- Instead of peaches, try 2 cups grated carrot and ½ cup sultanas; or 2 cups grated/canned apples and 1 tsp cinnamon; or 2 cups blueberries.
- Peaches could be pureed before adding to mixture for a smoother texture. If doing this, you may need less milk.
- Can also make large muffins. This recipe would make approx. 24 large muffins.

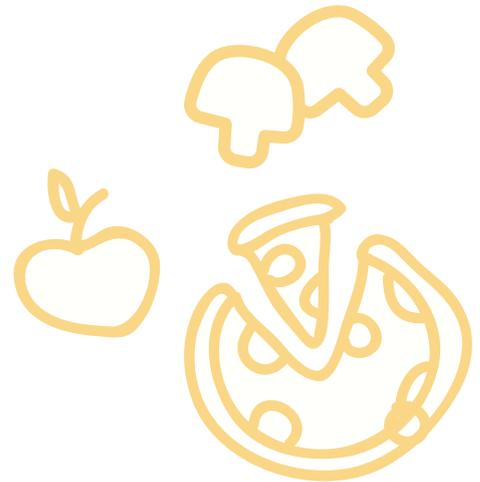
Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, *Healthy Food for babies and toddlers*, 2013

# Mini Pizza Rounds

Prep Time: 20 mins    Cook Time: 10 mins    Serves: 20    Serve Size: ½ muffin

## INGREDIENTS

10	Wholemeal English muffins
1	Onion, finely diced
400g	Tomato paste
200g	Mushrooms, finely diced
1	Red capsicum, finely diced
5	Tomatoes, finely diced
1	Green capsicum, finely diced
250g	Reduced fat cheese, grated



## STEPS

1. Cut muffins in half. Spread with tomato paste.
2. Place small amounts of onion, tomato, capsicum and mushroom on each slice.
3. Top with grated cheese.
4. Place under the grill for 3-4 minutes or until golden brown.

## SERVING SUGGESTION

Serve pizzas with ½ cup of vegetable sticks or 1 cup of salad.

## HELPFUL TIPS

- Mini Pizza Rounds served with vegetable sticks or salad on the side become an easy meal option. When serving as a meal, cook 500g of lean mince to add with diced vegetables and cheese as the pizza filling.
- Use up leftover vegetables for pizza toppings.
- Chicken or lean ham could also be added to toppings, however a vegetarian pizza will be tasty and less expensive.
- Fresh herbs could be added for extra flavour, particularly basil or oregano. This is a great opportunity to use fresh herbs from your vegetable garden.
- Children could assemble their own pizzas.



# Muesli Fruit Slice

Prep Time: 10 mins    Cook Time: 25-30 mins    Serves: 40

## INGREDIENTS

200g	Margarine
$\frac{2}{3}$ cup	Brown sugar
$\frac{1}{2}$ cup	Honey
1 cup	Sultanas
4 cups	Untoasted muesli/bran mix
$\frac{1}{2}$ cup	Dried apricots, chopped small
$\frac{1}{2}$ cup	Pepitas
2 cups	Self raising flour
2	Eggs
Olive oil spray	

## STEPS

1. Preheat oven to 180°C.
2. In microwave, melt margarine with honey.
3. In a large mixing bowl combine all dry ingredients, diced fruit and pepitas. Add margarine mixture and eggs, combine well.
4. Press into large slab tins coated with spray oil.
5. Bake 25-30 mins or until golden brown. Allow to cool before cutting into 40 slices.

## HELPFUL TIPS

- Dried fruit medley mix could replace sultanas and apricots
- Slice is a dry mixture. If too dry and crumbly, add extra honey (warmed) or some hot water when mixing.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.



# Pumpkin Scones

Prep Time: 25 mins

Cook Time: 15 mins

Serves: 20

Serve Size: 2 large or 2 small scones

## INGREDIENTS

2 tbs	Margarine
2	Eggs
1 cup	Sugar
2 cups	Cold mashed pumpkin
1 tsp	Mixed spice
4 ½ cups	Self raising flour

## HELPFUL TIPS

- Butternut pumpkin works particularly well to give a sweet, mild flavour to these scones.
- The amount of flour needed to make a dough will vary depending on the moistness of the pumpkin. If required, add extra flour gradually to reduce the stickiness of the dough.
- These scones freeze and re-heat well.

## STEPS

1. Preheat oven to 225°C (205°C fan forced).
2. In a bowl, combine margarine and sugar with electric mixer. Add eggs, spice and pumpkin and beat until well combined.
3. With a spatula, stir through the flour and turn out on bench. Combine with your hands and flatten the dough out to 2.5cm thickness– add more flour if needed.
4. Flour a scone cutter, and cut out 40 scones.
5. Place scones on a greased tray with 1cm space around each scone and brush the tops with milk.
6. Bake for 10-15 mins, depending on the size of the scone. When cooked they should be golden brown on top.
7. Serve warm with a smear of margarine.

# Toasted Pita Chips with Roasted Beetroot Dip

Prep Time: 20 mins    Cook Time: 40 mins    Serves: 20

Serve Size: ½ piece pita bread with 2 tablespoons of dip

## INGREDIENTS

10 slices    Wholemeal pita bread

Olive oil spray

### Dip:

5-6 medium    Fresh beetroot OR

2 x 400g cans    Whole beetroots, drained

250g    Reduced fat natural yoghurt (a thick variety is best)

## STEPS

1. Preheat oven to 180°C. If using fresh beetroot, wash beetroot and trim off the tops and bottoms. Generously spray baking dish with olive oil. Place beetroot in baking dish and cover with foil. Bake for 30-35 mins or until tender.
2. Slice the pita bread into triangles- cut each slice into half and then each half into 4-5 triangles. Arrange in a single layer on a baking tray and spray with oil, bake for 3-4 minutes on each side until crispy. Cook in small batches if necessary.
3. Remove beetroot from oven and allow to cool off. Remove skin gently (it should rub off easily) and chop into smaller pieces. If using canned beetroot chop beetroots up. It's a good idea to wear gloves when handling the beetroot as they will turn your hands pink.
4. Place yoghurt and beetroot in a food processor, blend until smooth. Chill in a refrigerator before serving.

## SERVING SUGGESTION

Serve with ½ cup of vegetable sticks to dip along with the pita chips.

## HELPFUL TIPS

- Pita chips and dip can be made the previous day and stored in different airtight containers.
- For variety, parmesan cheese can be sprinkled on the chips prior to baking.
- For a fuller flavour, try adding some reduced fat feta cheese and/or crushed garlic to the beetroot mixture.
- Salsa can be used as an alternative to the dip.
- Children may need a spoon to assist with placing dip onto pita chips.

# Wholemeal Cheese Scones

Prep Time: 30 mins

Cook Time: 15 mins

Serves: 40

Serve Size: 1 Scone

## INGREDIENTS

4 cups	Self raising flour
4 cups	Wholemeal self raising flour
4 tbs	Margarine
2 cups	Reduced fat cheese, grated
2 cups	Reduced fat milk
4	Eggs

## STEPS

1. Beat eggs and milk together.
2. Rub margarine into combined flours then add grated cheese.
3. Stir the combined egg and milk into the flour to make a soft dough. Lightly knead the dough on a lightly floured surface.
4. Pat dough out to approx. 2cm thick. Cut with a sharp, lightly floured cutter or knife into at least 40 scones.
5. Place onto a greased tray and bake in a hot oven (200°-220°C) for 10-15 minutes.

## HELPFUL TIPS

- Two cups of sultanas could be added (before adding the milk and egg).
- If dough is too sticky to knead, divide the mixture between two greased loaf tins and bake in a moderate oven (180°) for 30-40 minutes or until cooked. Dough could also be cooked as a damper.
- Instead of using a scone cutter, pat dough out to approx. 2cm thick and, using a sharp knife, cut into square (or rectangle) scones.
- Scones freeze well.



# Apple-Berry Sponge Delight

Prep Time: 15 mins    Cook Time: 30 min    Serves: 20

## INGREDIENTS

Olive oil spray

1 cup	Caster sugar
4 cups	Stewed or canned apples, well drained
¼ cup	Honey
2 cups	Frozen berries
1 tsp	Vanilla essence
2 ¼ cups	Self raising flour, sifted
3 tbs	Reduced fat milk, hot
9	Eggs

## STEPS

1. Pre-heat oven to 180°C, and lightly spray baking pan/s with oil.
2. Drain fruit until no liquid remains, and place in the baking pan, spreading evenly over the bottom of the pan.
3. Using an electric mixer, whisk eggs and sugar until very thick and creamy (approx. 5 mins). Add honey and vanilla essence.
4. As lightly as possible, fold in flour and hot milk using a spatula.
5. Pour mixture over the fruit to cover it, and bake for 30-40 minutes until golden brown and firm to touch.

## SERVING SUGGESTION

Serve with ¾ cup reduced fat custard per child.

## HELPFUL TIPS

- For variety, try canned peaches, plums, or apricots.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# Banana Pudding

Prep Time: 20-30 mins    Cook Time: 30 mins    Serves: 40

## INGREDIENTS

250ml	Olive or canola oil
3 cups	Self raising flour
1 cup	Sugar
3 cups	Wholemeal self raising flour
800ml	Orange juice
12 small	Bananas, sliced
7	Eggs, beaten

## STEPS

1. Beat the oil, sugar and juice together, then add the beaten eggs and mix well.
2. Fold in the flour.
3. Stir through the sliced bananas.
4. Pour into greased baking dishes and bake in a moderate oven (180°C) for 30 minutes.

## SERVING SUGGESTION

Serve with ½ cup of reduced fat custard per child.



# Fruit Crumble

Prep Time: 20-30 mins    Cook Time: 20-30 mins    Serves: 40

## INGREDIENTS

3 x 800g cans    Solid pack (pie) apples  
1 cup            Coconut  
1 cup            Plain wholemeal flour  
1 cup            Brown sugar  
1 cup            Wheat germ  
200g            Margarine  
1 cup            Rolled oats

## STEPS

1. Place fruit in oven dishes
2. Mix dry ingredients together
3. Melt margarine and pour over all the dry ingredients and mix well.
4. Sprinkle crumble over the fruit and bake in a moderate oven (180°C) for about 15 minutes.

## SERVING SUGGESTION

Serve with ½ cup low fat custard per child.

## HELPFUL TIPS

- Any fruit could be used instead of apple
- If canned fruit in natural juice is used, consider that most of the liquid will need to be drained off. This will mean that more than 3 cans of fruit will be needed.
- Stewed, fresh or dried fruit can also be used.



# Fruit Parfait

Prep Time: 20 mins    Cook Time: 0 min    Serves: 20    Serve Size: 1 Parfait

## INGREDIENTS

- 1.5kg      Chopped fresh seasonal fruit (e.g. melons, banana, kiwi fruit, strawberries, peaches, pineapple, plums)  
OR  
10 cups    Frozen berries, canned fruit salad (drained)  
2kg        Reduced fat vanilla yoghurt  
3 cups     Untoasted muesli

## STEPS

1. Chop fruit and place in individual bowls on the tables, along with yoghurt and muesli.
2. Using 100g of yoghurt, approx. 75g or ½ cup of fruit and 1 tablespoons of muesli have children assemble their own snack, layering spoonful's of fruit, muesli and yoghurt into a small cup.
3. Top with a sprinkle of muesli.

## HELPFUL TIPS

- Berry flavoured yoghurt could be used for variety
- Tinned passionfruit pulp can be added to the top, for extra taste.
- Stewed fruit could be used

# Fruity Bread Pudding

Prep Time: 20 mins    Cook Time: 45 min    Serves: 25

## INGREDIENTS

25 slices    Fruit bread  
2L            Reduced fat milk  
12            Eggs  
¼ cup        Sugar

## STEPS

1. Preheat oven to 180°C.
2. Cut each slice of bread into 4, and layer slices in a deep baking dish.
3. Lightly whisk eggs in a jug. Add milk and sugar, and whisk to combine.
4. Pour mixture evenly over bread. Allow to stand for 10 minutes, so bread absorbs liquid.
5. Bake in oven for 45 minutes or until custard sets in centre and top layer of bread is golden brown.

## HELPFUL TIPS

- Serve with 1 cup of chopped banana or other fresh fruit.



# Vanilla Berry Smoothie

Prep Time: 10 mins    Cook Time: 0 min    Serves: 20    Serve size: 1 cup (250ml)

## INGREDIENTS

5 cups	Frozen or fresh berries
2L	Reduced fat milk
1.5kg	Reduced fat vanilla yoghurt
1 tbs	Vanilla essence (to taste)

## STEPS

1. Place fruit in blender and puree.
2. Add yoghurt, milk and vanilla, blend until smooth. Add vanilla gradually, to taste.
3. Pour into 20 small glasses to serve.

## HELPFUL TIPS

- Replace berries with banana, blueberries, peach (fresh or tinned), or other frozen fruit.
- Berry flavoured yoghurt could be used for extra flavour.
- For a sweeter smoothie, add 2 tablespoons honey.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# Weetbix™ Slice

Prep Time: 20 mins    Cook Time: 30 min    Serves: 40

## INGREDIENTS

3 cups	Wholemeal self raising flour
12	Weetbix™, well crushed
2 cups	Wheat germ
2 cups	Milo™
2 cups	Sultanas
10 tbs	Margarine
1 ½ cups	Brown sugar
2 tbs	Golden syrup
4	Eggs

## STEPS

1. Grease and line a baking tin (approx. 20 x 28cm).
2. Combine the flour, wheat germ, crushed Weetbix™, sultanas and Milo™ in a mixing bowl.
3. Melt margarine, brown sugar and golden syrup together (warm only, don't allow to become hot).
4. Stir the beaten eggs and the margarine together then pour into the dry ingredients and mix well.
5. Lightly press the mixture into the prepared baking tin.
6. Bake at 150°C for 20-30 minutes. Cut into squares while still warm but leave to cool in the tin. This slice is soft when first removed from the oven but will firm up as it cools. Don't cook for longer than 30 minutes or slice may become too hard when cold.

## HELPFUL TIPS

- Other chocolate flavourings or powders cannot replace the Milo™, as it is included to provide iron.

# Yoghurt Sundae

Prep Time: 10 mins    Cook Time: 0 mins    Serves: 20    Serve size: 1 sundae

## INGREDIENTS

2kg	Reduced fat vanilla yoghurt
400g	Passionfruit pulp (fresh or canned)
1.5kg	Frozen berries, defrosted
3 cups	Untoasted muesli
1 ¾ cup	Frozen berries, defrosted to serve

## STEPS

1. Puree berries in a blender until the consistency of a 'chunky' sauce.
2. In small cups (1 per child) place 1 tablespoon of passionfruit pulp. Add 100 grams of yoghurt to cup.
3. Top with approx. 3 tablespoons of berry puree.
4. Add 1 tablespoon of muesli and a few berries on top to decorate and serve.

Alternatively, place the berry puree, muesli and fruit in bowls on the table for children to decorate the top of their own yoghurt filled cups.

## HELPFUL TIPS

- Stewed fruit can be used instead of berries, e.g stewed peaches, plums, apples—whatever is in season.
- Passionfruit pulp may be added on top as well.
- Sliced banana could be put in the bottom of the cup to make a yoghurt banana split.

The background is a solid blue color with a repeating pattern of white icons. The icons include various food items like carrots, lemons, and tomatoes, as well as kitchen items like pots, pans, bowls, and cutlery. The text 'Family Sized Meals' is centered in a white, handwritten-style font.

# Family Sized Meals

# Beef and Tomato Patties

Prep Time: 15 mins    Cook Time: 15 mins    Serves: 6-8

## INGREDIENTS

500g	Lean beef mince
1	Egg
1	Onion, grated
½	Zucchini, grated
½	Carrot, grated
2 tbs	Tomato paste
1 tsp	Seeded mustard
1 tsp	Minced garlic
½ tsp	Dried mixed herbs
2 tbs	Olive oil, for frying

## STEPS

1. Blend all ingredients in a food processor until smooth.
2. Shape mixture into round patties, using 3 tablespoons of mixture for each patty.
3. Heat oil in a non-stick frypan. Flatten and cook patties for approx. 4-5 mins on each side or until golden brown in colour and cooked through.

## SERVING SUGGESTION

Serve with 1 cup of seasonal vegetables per person or serve in a wholemeal bread roll with 1 cup of salad per person.

## HELPFUL TIPS

- For variety or for young children, use 1½ tablespoons of mixture per patty and serve 2 patties per child, more for young adults and adults.

# Beef and Vegetable Soup

Prep Time: 10 mins    Cook Time: 60 mins    Serves: 6

## INGREDIENTS

1 tbs	Olive oil
1	Onion, diced
300g	Lean beef, cut into small cubes
1L	Salt reduced beef stock
400g can	Diced tomatoes
420g can	Five bean mix, drained
½ cup	Frozen peas/carrots/corn mixture
1 small	Celery stalk, finely chopped
2 tbs	Tomato paste
2 large	Potatoes, diced
2	Bay leaves

## STEPS

1. In a large saucepan, heat oil and sauté onion until soft.
2. Add beef and cook until browned. Add all other ingredients, and bring to the boil and then simmer for 45-60 minutes.
3. Remove bay leaves prior to serving. Serve with wholemeal bread toasted and cut into fingers.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread toasted and cut into fingers per person.

## HELPFUL TIPS

- Use up any leftover vegetables such as capsicum, zucchini, pumpkin, sweet potato.
- Replace beef with chicken (and beef stock with chicken stock).

# Beef Curry

Prep Time: 30 mins    Cook Time: 60 mins    Serves: 6-8

## INGREDIENTS

2 tbs	Olive oil
1	Onion, finely diced
3 tbs	Curry powder
1 tsp	Cumin seeds, ground
1 tsp	Sweet paprika
500g	Diced beef
400g can	Diced tomatoes
3	Potatoes, cubed
300g	Pumpkin, cubed
250ml	Beef stock
2	Zucchini, diced
1 cup	Basmati rice, uncooked
Reduced fat, plain Greek yoghurt, for serving	

## STEPS

1. In a large pot on medium heat, place the oil and onion. Cook until the onion becomes translucent. Add the curry powder, cumin and paprika and cook with the onion until fragrant.
2. Add the beef to the pot with the onion and spices and cook, stirring constantly, until browned.
3. Once the beef has browned, add the tomatoes, potatoes, pumpkin, and stock. Stir constantly to remove any of the beef or spices that may have stuck to the bottom of pan.
4. Cover with a lid and cook on low heat for 30 minutes, stirring occasionally. After 30 minutes, add the zucchini to the pot. Stir through, and then cover and cook for a further 30 minutes or until the meat is tender. Remember to stir occasionally to ensure the curry is not sticking to the pan.
5. 10-15 minutes before curry is finished cooking, cook rice following packet instructions.
6. Serve with a dollop of yoghurt and ½ cup cooked basmati rice.

# Chicken and Corn Slice

Prep Time: 15 mins    Cook Time: 45 mins    Serves: 6-8

## INGREDIENTS

1 large	Skinless chicken breast
Water	Cover chicken in saucepan
4	Eggs, lightly beaten
250g	Natural yoghurt
420g can	Creamed corn
1	Zucchini, grated
½ cup	Plain flour
¾ cup	Corn kernels
½ cup	Capsicum, chopped up small
⅔ cup	Frozen peas
1 cup	Reduced fat tasty cheese, grated
¼ cup	Parmesan cheese, grated

## STEPS

1. Place chicken in a large saucepan, cover with cold water and bring to simmer over medium heat. Poach for 4-5 mins or until chicken is cooked through. Drain chicken and cool.
2. Preheat oven to 180°C. Process cooked chicken in a food processor for 30 seconds or until finely chopped.
3. Whisk eggs, yoghurt and creamed corn in a bowl. Squeeze the excess liquid from the zucchini and add it to the egg mixture, along with the chicken, flour, corn, capsicum and peas, and parmesan cheese.
4. Pour mixture into a lined baking pan, sprinkle with grated cheese and bake for 35-45 mins or until cooked through.

## SERVING SUGGESTION

Serve warm with 1 cups of salad or ½ cup of steamed seasonal vegetables per person.

## HELPFUL TIPS

- Use whatever veggies are in season for a tasty veggie slice—spinach, carrot, mushrooms, broccoli - yum!
- Replace chicken with tuna for a variation.
- The creamed corn can be replaced with cottage cheese if desired.

# Chicken Fingers with Sweet Corn Dip

Prep Time: 20 mins    Cook Time: 20 mins    Serves: 6-8

## INGREDIENTS

500g	Chicken thighs, fat trimmed	3	Capsicums, sliced into thin sticks
1 tbs	Lemon juice	2 cups	Snow peas or sugar snap peas
1 tbs	Fresh flat-leaf parsley, chopped	6 small	Wholemeal pita bread, cut into triangles
2 tsp	Olive oil		
1 tsp	Minced garlic		Olive oil spray
500g	Sweet potato, peeled, cut into 5mm-thick rounds		<b>Sweet Corn Dip</b>
250g	Cherry tomatoes, halved		200g Creamed corn
2	Cucumbers, sliced thinly		150ml Reduced fat, plain yoghurt
			1 tbs Sweet chilli sauce

## STEPS

1. Cut chicken thigh into strips and place in a glass or ceramic bowl with the lemon juice, parsley, olive oil and garlic. Mix to combine. Cover and refrigerate for 10 minutes to marinate.
2. Drain chicken from marinade. Preheat a non-stick pan and spray lightly with olive oil. Cook chicken, turning, for 6-8 minutes or until cooked through.
3. In a separate non-stick pan, cook sweet potato for 5 minutes on each side or until tender.
4. Serve chicken fingers on a plate with sweet potato slices, cherry tomatoes, sliced cucumber, capsicum sticks, snow peas and pita bread.
5. To make the Sweet Corn Dip, place all ingredients in a food processor and blend until smooth. Serve approx 2 ½ tablespoons of mixture on each plate for dipping.

## HELPFUL TIPS

- The strength of sweet chilli sauce varies by brand. Taste the dip to determine how much sauce to use. If it is too spicy, add extra yoghurt.
- Large tomatoes can be used instead of cherry tomatoes. Simply cut into small bite sized wedges to serve.
- 1 slice of wholemeal toast could be used instead of pita bread.

# Fried Rice with Beef

Prep Time: 10 mins    Cook Time: 25 mins    Serves: 6

## INGREDIENTS

1 ⅓ cups    Basmati rice, uncooked  
2            Eggs  
500g        Lean beef, diced  
2            Tomatoes, diced  
1 cup        Mixed frozen peas/carrots/corn  
1            Zucchini, diced  
1            Capsicum, diced  
2            Shallots, finely diced  
1 tbs        Salt reduced soy sauce (to taste)  
Olive oil spray

## STEPS

1. Cook rice according to directions on packet. Drain and set aside.
2. Spray a large non-stick frypan with oil. Crack eggs to make a large omelette. Remove from pan, and once cool slice into small pieces.
3. Cook beef in pan until brown, and then add all vegetables. Cook until vegetables are nearly soft. Add cooked rice to pan, and sliced egg pieces, and slowly add soy sauce to taste. Cook until rice is warmed through.

## HELPFUL TIPS

- Almost any vegetables can be used in this recipe. It's a great way to use up any leftover vegetables. Frozen, fresh or canned vegetables work equally well.
- Beef can be replaced with chicken, pork or tofu.

# Kid's Ratatouille

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 6-8

## INGREDIENTS

1 tbs	Olive oil
1 large	Onion, finely chopped
1 large	Zucchini, diced
2	Celery stalks finely chopped
2	Capsicums, seeded and diced
½ cup	Corn kernels
1 tsp	Minced garlic
425g can	Diced tomatoes
1 ½ punnets	Cherry tomatoes, halved
1 tsp	Fresh basil, finely chopped (or ½ tsp dried)

## STEPS

1. Heat oil in a large saucepan and sauté onion until soft.
2. Add zucchini, celery, capsicum, corn and garlic. Cover and cook gently for 10 minutes.
3. Add can of tomatoes and cherry tomatoes and cook for 15-20 minutes or until vegetables are soft.
4. Add basil for final minutes of cooking and stir through well.

## SERVING SUGGESTION

Serve as a side-dish with Lamb Meatballs. Alternatively, serve Kid's Ratatouille with other meat/chicken/fish meals.

## HELPFUL TIPS

- Place leftovers in a food processor and blend until smooth. Serve as a dip with wholegrain crackers or rice crackers. For a creamier dip, add a tablespoon of low fat plain yoghurt.



# Sausage Rolls

Prep Time: 30 mins    Cook Time: 25 mins    Serves: 6-8

## INGREDIENTS

1 cup	Breadcrumbs
500g	Lean beef mince
1	Egg, plus 1 extra egg
1	Zucchini, finely grated
1	Carrot, finely grated
½	Onion, grated
1 tbs	Tomato paste
2 tsp	Dried mixed herbs
4 sheets	Frozen puff pastry, just thawed
	Tomato or sweet chilli sauce to serve

## STEPS

1. Preheat oven to 200°C and line 4 baking trays with baking paper.
2. Process breadcrumbs, mince, and egg in a food processor until well combined. Place in a bowl and mix well with vegetables, tomato paste and herbs.
3. Cut 1 pastry sheet in half. Spoon 2-3 tbs of the mixture lengthways along the centre of each piece. Fold 1 edge of pastry over and tuck in beside filling, then fold over the other side to make a roll, pressing down lightly to seal. Repeat with remaining pastry and filling.
4. Cut each roll into 4 pieces and cut 2 small incisions into each roll to prevent splitting. Place on baking sheets, cover and chill for 10-20 minutes.
5. Brush with beaten egg. Bake for 25-30 minutes until the rolls are lightly golden and cooked through.

## SERVING SUGGESTION

Serve with 1-2 cups of salad or 1 cup of seasonal vegetables per person.

## HELPFUL TIPS

- Use a piping bag for a quicker way to spread mince filling onto pastry. Ensure it is a bag dedicated to use with meat and is never used for raw foods such as icing!
- Chilling the rolls prior to baking helps the pastry to puff.
- Beef mince can be replaced with chicken mince.

# Shepherd's Pie

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 6-8

## INGREDIENTS

400g	Potatoes, peeled and cubed	½ cup	Reduced fat milk
400g	Sweet potato, peeled and cubed	1	Carrot, finely chopped
20g	Margarine	1 stick	Celery, finely chopped
1 tbs	Olive oil	1	Onion, finely chopped
1	Zucchini, finely chopped	400g	Lean beef mince
1 tsp	Minced garlic	2 tbs	Worcestershire sauce
½ cup	Reduced salt tomato sauce	400g can	Diced tomatoes
⅓ cup	Frozen green beans	¾ cup	Salt reduced beef stock
⅓ cup	Frozen corn kernels	1 tsp	Gravy powder
⅓ cup	Frozen peas	1 cup	Mozzarella cheese

## STEPS

1. Preheat oven to 200°C.
2. Cook potatoes and sweet potato in a saucepan of boiling water until tender.
3. Mash potatoes with milk and margarine (or process in a food processor) until smooth. Set aside.
4. Heat oil in a non-stick pan. Add the carrot, zucchini, celery and onion, and sauté with garlic for 10 minutes.
5. Add mince, frozen vegetables, canned tomatoes, sauces and stock. Cook, stirring, until boiling. Add gravy powder to thicken, and simmer for 3 minutes.
6. Spoon into a large baking tray. Top with mashed potato and sprinkle cheese over top.
7. Bake in oven for 30-35 minutes until golden brown.

## SERVING SUGGESTION

Serve with a 1 cup of salad or ½ cup of seasonal vegetables per person.

# Tuna and Vegetable Fritters

Prep Time: 15 mins    Cook Time: 15 mins    Serves: 6-8

## INGREDIENTS

¾ cup            Self raising flour  
 425g can        Corn kernels  
 ¼ cup            Wholemeal self raising flour  
 ¾ cup            Carrots, finely chopped  
 2                 Eggs  
 1 cup            Frozen peas  
 ⅓ cup            Reduced fat milk  
 1                 Onion, finely chopped  
 425g can        Tuna in Brine, well drained  
 1 ½ tbs         Parmesan cheese, grated  
 Olive oil spray

## STEPS

1. Whisk together eggs, milk and parmesan cheese.
2. Place flour into a mixing bowl. Make a well in the centre and gradually pour in the egg mixture, stirring gently to combine.
3. Fold in the corn kernels, carrots, peas, onion and tuna; taking care not to over-mix or the fritters will be tough.
4. Spray a non-stick pan with oil. Place ¼ cupful's of mixture into the pan, allowing room for spreading. Press down gently to flatten (if the fritters are too thick, the centre won't cook properly).
5. Cook for 2-3 minutes on each side until golden brown, ensuring the centre is not doughy. Repeat in batches with the remaining mixture.

## SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup of steamed seasonal vegetables per person.

## HELPFUL TIPS

- Mixture should be the texture of thick pikelet batter. Add extra milk if needed.

# Vegetarian Delights

Prep Time: 25 mins    Cook Time: 25 mins    Serves: 6-8

## INGREDIENTS

1	Potato, peeled and halved
1	Sweet potato, peeled and chopped
1/3 cup	Milk
1 cup	Frozen peas
1 cup	Wholemeal bread crumbs
425g can	Lentils, rinsed and drained
1	Egg, slightly beaten
1 small	Zucchini, grated
1 small	Carrot, grated
1/2 tsp	Dried mixed herbs
2 tbs	Olive oil
2	Spring onions, finely chopped
3/4 cup	Reduced fat cheddar cheese, grated
3/4 cup	Parmesan cheese, grated
	Flour or additional breadcrumbs to coat

## STEPS

1. Steam potato and sweet potato until soft. Drain and mash, slowly adding milk.
2. Cook peas in microwave for 2-3 minutes.
3. Combine all ingredients in a large bowl and mix well.
4. Roll mixture into small patties and coat in flour or breadcrumbs.
5. Heat oil in non-stick pan. Cook patties for 3-4 minutes either side or until golden brown.

## SERVING SUGGESTION

Serve with 1 cup of salad and a wholemeal bread roll per person.

## HELPFUL TIPS

- Substitute carrot, peas and spring onions for zucchini, corn and red onion.
- Substitute potato and sweet potato for pumpkin. If using pumpkin, add an additional egg and extra breadcrumbs to hold mixture together.

# Vegetarian Lasagne

Prep Time: 20 mins    Cook Time: 30 mins    Serves: 6-8

## INGREDIENTS

2	Carrots, finely chopped	½	Sweet potato, peeled and diced
1 cup	Broccoli, chopped into small chunks	200g can	Cannellini beans or chickpeas, rinsed and drained
1	Green capsicum, diced	¼ cup	Barbeque sauce
1	Red capsicum, diced	1 tsp	Dried mixed herbs
1	Onion, finely chopped	6 large	Lasagne sheets (dried or fresh)
400g can	Diced tomatoes	200g	Reduced fat ricotta cheese
2	Zucchinis, finely chopped	½ cup	Reduced fat Mozzarella cheese, grated
2 cups	Mushrooms, sliced	2 tbs	Parmesan cheese, grated
250ml	Pasta sauce	Olive oil spray	

## STEPS

1. Preheat the oven to 180°C.
2. Cook carrots and sweet potato in the microwave for approximately 6 minutes. Put into a large saucepan with all the other vegetables, add a little water and stir for approx. 10 mins over a high heat.
3. Lightly mash beans or chickpeas. Stir in sauces and herbs. Add to large saucepan. Cover and simmer for approx. 10 mins until the vegetables are tender.
4. Spray baking dish with olive oil. Spoon a half the vegetables into the baking dish. Place a layer of lasagne sheets on top of the vegetables and top with ricotta cheese to cover the sheets. Add more vegetables, and more lasagne. Spread another layer of ricotta. Sprinkle parmesan cheese on top of ricotta, then cover with grated cheese.
5. Cook in the oven for approx. 30 mins, or until the lasagne is soft and the cheese is golden.

## SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of mixed vegetables per person.

## HELPFUL TIPS

- Substitute different vegetables to use what is in season. Alternatively, frozen peas/ carrot/corn could be used. Fresh herbs could be used from the vegetable garden instead of the dried mixed herbs.
- Fresh lasagne sheets will cook faster than dried sheets.

Recipe has been provided by the Better Health Channel at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

# Apricot and Banana Muffins

Prep Time: 20 mins    Cook Time: 15-20 mins    Serves: 12

## INGREDIENTS

1 cup	Dried apricots, chopped small
½ cup	Apricot nectar
1 cup	Self raising flour
1 cup	Wholemeal self raising flour
¼ cup	Sugar
2	Bananas, mashed
1	Egg, lightly beaten
2 tbs	Margarine, melted
¼ cup	Reduced fat milk

## STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. Place apricots and nectar in a saucepan, bring to the boil. Remove from heat and allow to cool.
3. Sift flours into a large bowl. Add sugar.
4. In a separate bowl, combine apricots and nectar, bananas, egg, margarine and milk.
5. Add liquid ingredients to dry ingredients, mix well until just combined. Do not over mix.
6. Spoon mixture into lightly greased muffin trays, bake for 15-20 minutes until golden brown.

## HELPFUL TIPS

- Use over-ripe bananas for a stronger flavour. When bananas get too ripe in the fruit bowl, put them in the freezer. Then simply defrost and add to recipes.
- Leftover muffins can be frozen.

# Carrot, Banana and Sultana Muffins

Prep Time: 10 mins    Cook Time: 20-25 mins    Serves: 12

## INGREDIENTS

1	Egg
2 tbs	Caster sugar
½ tbs	Lemon rind, finely grated
¼ cup	Canola oil
¾ cup	Wholemeal self raising flour
½ tsp	Bicarb soda
1 large	Banana
⅔	Carrot, grated
¼ cup	Sultanas
Pinch	Table salt

## STEPS

1. Preheat oven to 180°C
2. In a bowl, combine egg, sugar and grated lemon zest. Mix in the oil, flour, bicarb soda and salt.
3. Mash ¾ of the banana and stir into mixture, along with grated carrot and sultanas.
4. Evenly spoon the mixture into muffin tins. Thinly slice the remaining banana and place on top of each muffin.
5. Bake in the oven for approx. 20 -25 minutes. Remove from oven and cool on a wire rack before serving.

## HELPFUL TIPS

- Dates can be used instead of sultanas. Chop them up small.
- Leftover muffins can be frozen.

# Cheese and Vegemite Scrolls

Prep Time: 10 mins    Cook Time: 20 mins    Serves: 10

## INGREDIENTS

3 cups	Self raising flour, preferably wholemeal
50g	Margarine
375ml	Reduced fat milk approx.
1-2 tbs	Vegemite
200g	Reduced fat tasty cheese, grated
Pinch	Table salt

## STEPS

1. Preheat oven to 220°C.
2. Sift flour and salt into a bowl then rub through margarine. Stir in enough milk to make a soft dough.
3. Knead gently on a lightly floured surface and roll out to form a 40cm x 25cm rectangle.
4. Spread the vegemite over the dough then sprinkle  $\frac{3}{4}$  of the cheese. Roll up along the long side to enclose the cheese.
5. Cut roll into 12 x 2cm thick pieces and place close together, cut side up, on a greased baking tray.
6. Sprinkle with the remaining cheese and bake for 15-20 mins or until cooked and golden.

## HELPFUL TIPS

- Tomato paste can be used as a variation to vegemite. Sprinkle some basil or oregano onto the tomato paste before sprinkling the cheese.
- Lean diced ham and tomato paste could be used to make pizza scrolls.

# Creamy Avocado Dippers

Prep Time: 10 mins    Cook Time: 0 mins    Serves: 6

## INGREDIENTS

### Dip:

½ cup	Reduced fat Greek-style plain yoghurt
2	Ripe avocados
½ tsp	Minced garlic
Juice of 1	Lemon
¼ tsp	Ground cumin

### Dippers:

6 cups	Vegetable sticks such as capsicum, cucumber, snow peas, carrot, and celery
3 slices	Pita bread, cut into triangles and toasted

## STEPS

1. To make dip, place all ingredients in a food processor and process until smooth. Serve immediately as it will turn brown over time.
2. Serve with ½ cup of vegetable sticks and ½ slice of toasted pita bread for dipping.

## HELPFUL TIPS

- Leftover dip can be stored in the fridge covered with plastic wrap that is flush with dip (i.e. no air pockets) to minimise browning.

# Mini Peach Muffins

Prep Time: 20 mins    Cook Time: 15 mins    Serves: 22-24

## INGREDIENTS

2 tbs	Sugar
1 cup	Reduced fat milk
2 tbs	Olive oil
410g can	Peaches, diced
1 cup	Wholemeal self raising flour
1 cup	Self raising flour
¾ tsp	Ground cinnamon

## STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. In a large bowl mix sugar, milk and oil, then stir in peaches.
3. Add flour and cinnamon and mix until just combined. Don't over mix.
4. Spoon mixture into prepared muffin tray and bake in moderate oven for 12-15 minutes.

## HELPFUL TIPS

- Instead of peaches, try 1 cup grated carrot and ½ cup sultanas; or 1 cup grated/canned apples and 1 teaspoon cinnamon; or 1 cup blueberries.
- Peaches could be pureed before adding to mixture for a smoother texture. If doing this, you may need less milk.
- Could also make regular sized muffins—this recipe would make approx. 12 regular muffins.

# Mini Pizza Rounds

Prep Time: 10 mins    Cook Time: 4 mins    Serves: 6

## INGREDIENTS

6	Wholemeal English muffins
140g	Tomato paste
1	Onion, finely diced
2	Tomatoes, finely diced
½	Red capsicum, finely diced
½	Green capsicum, finely diced
½ cup	Mushrooms, finely diced
75g	Reduced fat cheese, grated

## STEPS

1. Cut muffins into half. Spread each half with tomato paste.
2. Place small amounts of onion, tomato, capsicum and mushroom on each slice.
3. Top with grated cheese.
4. Place under the grill for 3-4 minutes or until golden brown.

## HELPFUL TIPS

- Use up leftover vegetables for pizza toppings.
- Chicken or lean ham could also be added to toppings, however a vegetarian pizza will be tasty and less expensive.
- Fresh herbs could be added for extra flavour, particularly basil or oregano. This is a great opportunity to use fresh herbs from your vegetable garden.
- Children or family members could assemble their own pizzas.

# Muesli Fruit Slice

Prep Time: 10 mins    Cook Time: 25-30 mins    Serves: 20

## INGREDIENTS

90g	Margarine
1/3 cup	Honey
2 cups	Untoasted muesli/bran mix
1 cup	Self raising flour
1/3 cup	Brown sugar
1	Egg
1/2 cup	Sultanas
1/4 cup	Dried apricots, chopped small
1/3 cup	Pepitas
	Olive oil spray

## STEPS

1. Preheat oven to 180°C.
2. In microwave, melt margarine with honey.
3. In a large mixing bowl combine all dry ingredients, dried fruit and pepitas. Add margarine mixture and egg, combine well.
4. Press into slab tin coated with spray oil.
5. Bake 25-30 mins or until golden brown. Allow to cool before cutting into slices.

## HELPFUL TIPS

- Dried fruit medley mix could replace sultanas and apricots
- Slice is a dry mixture. If too dry and crumbly, add extra honey (warmed) or some hot water when mixing.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# Pumpkin Scones

Prep Time: 25 mins    Cook Time: 15 mins    Serves: 24 small or 12 large scones

## INGREDIENTS

1 tbs            Margarine  
½ cup          Sugar  
1                Egg  
½ tsp          Mixed spice  
1 cup          Cold mashed pumpkin  
2 cups         Self-raising flour  
Extra flour for rolling  
Olive oil spray

## STEPS

1. Preheat oven to 225°C (205°C fan forced).
2. In a bowl, combine margarine and sugar with electric mixer. Add egg, spice and pumpkin and beat until well combined.
3. With a spatula, stir through the flour and turn out on bench. Combine with your hands and flatten the dough out to 2.5cm thickness- add more flour if needed.
4. Flour a scone cutter, and cut out scones.
5. Place scones on a greased tray with 1cm space around each scone and brush the tops with milk.
6. Bake for 10-15 mins, depending on the size of the scone. When cooked they should be golden brown on top.
7. Serve warm with a smear of margarine.

## HELPFUL TIPS

- Butternut pumpkin works particularly well to give a sweet, mild flavour to these scones.
- The amount of flour needed to make a dough will vary depending on the moistness of the pumpkin. If required, add extra flour gradually to reduce the stickiness of the dough.
- These scones freeze and re-heat well.

# Toasted Pita Chips with Roasted Beetroot Dip

Prep Time: 20 mins    Cook Time: 40 mins    Serves: 6

## INGREDIENTS

3 slices    Wholemeal pita bread  
Olive oil spray

### Dip:

2 medium    Fresh beetroot OR 400g can Whole beetroots, drained  
100g    Reduced fat natural yoghurt (a thick variety is best)  
3 cups    Vegetable sticks, such as sliced carrot, celery, cucumber, capsicum, snow peas, blanched broccoli and cauliflower florets.

## STEPS

1. Preheat oven to 180°C. If using fresh beetroot, wash beetroot and trim off the tops and bottoms. Generously spray baking dish with olive oil. Place beetroot in baking dish and cover with foil. Bake for 30 to 35 mins or until tender.
2. Slice the pita bread into triangles– cut each slice into half and then each half into 4 –5 triangles. Arrange in a single layer on a baking tray and spray with oil, bake for 3-4 minutes on each side until crispy. Cook in small batches if necessary.
3. Remove beetroot from oven and allow to cool off. Remove skin gently (it should rub off easily) and chop into smaller pieces. If using canned beetroot, chop beetroots up. It's a good idea to wear gloves when handling the beetroot as it will turn your hands pink.
4. Place yoghurt and beetroot in a food processor, blend until smooth. Chill in a refrigerator before serving.
5. Serve the dip with ½ cup of vegetable sticks and ½ slice toasted pita bread per person.

## HELPFUL TIPS

- Pita chips and dip can be made the previous day and stored in airtight containers.
- For variety, parmesan cheese can be sprinkled on the chips prior to baking.
- For a fuller flavour, try adding some reduced fat feta cheese and/or crushed garlic to the beetroot mixture.
- Salsa can be used as an alternative to the dip.
- Children may need a spoon to assist with placing dip onto pita chips.

# Apple-Berry Sponge Delight

Prep Time: 15 mins    Cook Time: 30 mins    Serves: 6-8

## INGREDIENTS

½ cup	Frozen berries
1 ½ cups	Stewed or canned apples, well drained
3	Eggs
⅓ cup	Caster sugar
2 tbs	Honey
½ tsp	Vanilla essence
¾ cup	Self raising flour, sifted
1 tbs	Skim milk, hot
	Olive oil spray

## STEPS

1. Pre-heat oven to 180°C, and lightly spray baking pan with oil.
2. Drain fruit until no liquid remains, and place in the baking pan, spreading evenly over the bottom of the pan.
3. Using an electric mixer, whisk eggs and sugar until very thick and creamy (approx. 5 mins). Add honey and vanilla essence.
4. Fold in flour and hot milk as lightly as possible using a spatula.
5. Pour mixture over the fruit to cover it, and bake for 30-40 minutes until golden brown and firm to touch.

## SERVING SUGGESTION

Serve with ¾ cup low fat custard per person.

## HELPFUL TIPS

- Try canned peaches, apricots, or plums.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# Fruit Parfait

Prep Time: 20 mins    Cook Time: 0 mins    Serves: 6

## INGREDIENTS

500g	Chopped seasonal fruit (e.g. melons, banana, kiwi fruit, strawberries, peaches, pineapple, plums) OR
3 cups	Frozen berries or canned fruit salad (drained)
600g	Reduced fat vanilla yoghurt
1 ½ cup	Untoasted muesli

## STEPS

1. Chop fruit.
2. Using 100g of yoghurt, approx. 75g or ½ cup of fruit and ¼ cup of untoasted muesli, layer spoonful's of yoghurt, fruit and muesli into a small cup.
3. Top with a sprinkle of muesli.

## HELPFUL TIPS

- Berry flavoured yoghurt could be used for variety.
- Tinned passionfruit pulp could be added to the top, for extra taste.
- Stewed fruit could be used.

# Vanilla Berry Smoothie

Prep Time: 10 mins    Cook Time: 0 mins    Serves: 6

## INGREDIENTS

3 cups	Frozen or fresh berries
750ml	Reduced fat milk
300g	Reduced fat vanilla yoghurt
1 tsp	Vanilla essence (to taste)

## STEPS

1. Place fruit in blender and puree.
2. Add milk, yoghurt and vanilla, blend until smooth. Add vanilla gradually, to taste.
3. Pour into 6 glasses to serve.

## HELPFUL TIPS

- Replace berries with banana, blueberries, or peach (fresh or tinned) or other frozen fruit.
- Berry flavoured yoghurt could be used for extra flavour.
- For a sweeter smoothie, add 2 tablespoons honey.

## SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

# Yoghurt Sundae

Prep Time: 10 mins    Cook Time: 0 mins    Serves: 6

## INGREDIENTS

600g	Reduced fat vanilla yoghurt
6 tbs	Passionfruit Pulp (fresh or canned)
2 ½	cups Frozen berries, defrosted to puree
1 cup	Untoasted muesli
½ cup	Frozen berries, defrosted to serve

## STEPS

1. Puree berries in a blender until the consistency of a 'chunky' sauce.
2. In small cups place 1 tablespoon of passionfruit pulp. Add 100 grams of yoghurt to cup.
3. Top with approx. 3 tablespoons of berry puree.
4. Add 1 tablespoon of muesli and a few berries on top to decorate and serve.

## HELPFUL TIPS

- Stewed fruit can be used instead of berries, e.g stewed peaches, plums, apples—whatever is in season.
- Passionfruit pulp may be added on top as well.
- Sliced banana could be put in the bottom of the cup to make a yoghurt banana split.



# Ingredient Quantity Guide for NSW Early Childhood Education and Care Services

The tables below will help you order and prepare foods and drinks in quantities that meet the *Nutrition Checklist for Menu Planning*<sup>1</sup>, support children's nutrition needs and help reduce food wastage.

## Lean meat and poultry, fish, eggs, tofu, seeds, and legumes/beans (protein rich foods)

Offer  $\frac{3}{4}$  of a serve of protein rich food per child per day.

Example: for 20 children you need 1kg of cooked red meat to provide  $\frac{3}{4}$  of a serve of meat for each child.

Food	$\frac{3}{4}$ of a serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
<b>Lean red meat, pork, (raw, boneless)</b>	<b>70g</b>	350g	700g	1.4kg	2.1kg	2.8kg	3.5kg	4.2kg
<b>Lean red meat (cooked)</b>	<b>50g</b>	250g	500g	1kg	1.5kg	2kg	2.5kg	3kg
<b>Poultry (raw, boneless)</b>	<b>75g</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
<b>Poultry (cooked, skin off)</b>	<b>60g</b>	300g	600g	1.2kg	1.8kg	2.4kg	3kg	3.6kg
<b>Fish (raw)</b>	<b>85g</b>	425g	850g	1.7kg	2.55kg	3.4kg	4.25kg	5.1kg
<b>Fish (cooked/canned)</b>	<b>75g</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
<b>Egg</b>	<b>1 large egg</b>	5 large eggs	10 large eggs	20 large eggs	30 large eggs	40 large eggs	50 large eggs	60 large eggs
<b>Legumes (dry)</b>	<b>55g</b>	275g	550g	1.1kg	1.65kg	2.2kg	2.75kg	3.3kg
<b>Legumes/beans (cooked/canned, drained weight)</b>	<b>115g</b>	575g	1.15kg	2.3kg	3.45kg	4.6kg	5.75kg	6.9kg
<b>Tofu</b>	<b>130g</b>	650g	1.3kg	2.6kg	3.9kg	5.2kg	6.5kg	7.8kg

Note: You may combine different proteins to make a meal. For example a meal may have fish and eggs to make up the protein serve.

<sup>1</sup> *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 92.

# Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

## Vegetables and legumes/beans

Offer **2 serves** of vegetables or legumes/beans per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea.

Any two of these will provide each child with their daily requirement of vegetables while in care for 8 hours.

Example: for 20 children you will need 1.5kg of vegetables and 1.5kg of legumes to provide 2 serves of vegetables for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
<b>Vegetables (fresh/frozen)</b>	<b>75g</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
<b>Vegetables (cooked/canned, drained)</b>	<b>75g (1/2 cup)</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
<b>Vegetables (salad)</b>	<b>75g (1 cup)</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg
<b>Legumes (cooked, dried or canned, drained weight)</b>	<b>75g (1/2 cup)</b>	375g	750g	1.5kg	2.25kg	3kg	3.75kg	4.5kg

## Fruit

Offer **1 serve** of fruit per child per day.

Example: for 20 children you will need 3kg of fruit to provide 1 serve of fruit for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
<b>Fruit (fresh/frozen)</b>	<b>150g (1 medium or 2 small pieces)</b>	750g	1.5kg	3kg	4.5kg	6kg	7.5kg	9kg
<b>Fruit (cooked/canned, drained)</b>	<b>150g (1 cup)</b>	750g	1.5kg	3kg	4.5kg	6kg	7.5kg	9kg
<b>Dried fruit</b>	<b>30g</b>	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg

# Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

## Wholegrain cereal foods and breads

Offer **2 serves** of wholegrain cereal foods and breads per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal.

Any two of these will provide each child with their daily requirement of cereal foods and breads while in care for 8 hours.

Example: for 20 children you will need 20 slices (1 loaf) of bread and 600g of pasta to provide 2 serves of cereal foods and breads for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 10 children	To serve 50 children	To serve 60 children
<b>Bread (all types)</b>	<b>1 slice</b>	5 slices (¼ loaf)	10 slices (½ loaf)	20 slices (1 loaf)	30 slices (1½ loaves)	40 slices (2 loaves)	50 slices (2½ loaves)	60 slices (3 loaves)
<b>Pita bread</b>	<b>½ large pocket (40g)</b>	2½ pockets (200g)	5 pockets (400g)	10 pockets (800g)	15 pockets (1.2kg)	20 pockets (1.6kg)	25 pockets (2kg)	30 pockets (2.4kg)
<b>Breakfast cereal flakes</b>	<b>30g</b>	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
<b>Breakfast cereal (wheat biscuit)</b>	<b>2 biscuits</b>	10 biscuits	20 biscuits	40 biscuits	60 biscuits	80 biscuits	100 biscuits	120 biscuits
<b>Bread roll</b>	<b>½ medium</b>	2½ rolls	5 rolls	10 rolls	15 rolls	20 rolls	25 rolls	30 rolls
<b>Pasta/ noodles/ rice/cous cous (dry)</b>	<b>30g</b>	150g	300g	600g	900g	1.2kg	1.5kg	1.8kg
<b>Cracker biscuits/ crispbreads</b>	<b>35g (3 crispbreads)</b>	175g	350g	700g	1.05kg	1.4kg	1.75kg	2.1kg
<b>Crumpet/ English muffin</b>	<b>1</b>	5	10	20	30	40	50	60

# Ingredient Quantity Guide for NSW Early Childhood Education and Care Services cont.

## Milk, yoghurt, cheese and alternatives

Offer **1 serve** of milk, yoghurt, cheese or alternatives per child per day.\*

This can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal.

For example, this may be 125ml of milk at morning tea, and 20g of cheese with lunch to equal one serve in total.

Example: for 20 children you will need 5 litres of milk to provide 1 serve of dairy food for each child.

Food	1 serve is equal to	To serve 5 children	To serve 10 children	To serve 20 children	To serve 30 children	To serve 40 children	To serve 50 children	To serve 60 children
<b>Milk</b>	<b>250mL</b>	1.25L	2.5L	5L	7.5L	10L	12.5L	15L
<b>Soy milk (with at least 100mg added calcium per 100ml)</b>	<b>250ml</b>	1.25L	2.5L	5L	7.5L	10L	12.5L	15L
<b>Hard cheese</b>	<b>40g (2 slices)</b>	200g	400g	800g	1.2kg	1.6kg	2kg	2.4kg
<b>Yoghurt</b>	<b>200g</b>	1kg	2kg	4kg	6kg	8kg	10kg	12kg
<b>Evaporated milk</b>	<b>120ml</b>	600ml	1.2L	2.4L	3.6L	4.8L	6L	7.2L
<b>Milk powder</b>	<b>25g (1/4 cup)</b>	125g	250g	500g	750g	1kg	1.25kg	1.5kg
<b>Ricotta cheese</b>	<b>120g</b>	600g	1.2kg	2.4kg	3.6kg	4.8kg	6kg	7.2kg

\* Choose reduced fat milk and dairy products for children over 2 years of age.

Serving sizes are based on the standard serve sizes in the Australian Dietary Guidelines [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

This guide is adapted from the 'Ingredient quantity guide for long day care menus', Healthy Eating Advisory Service, Early childhood services, Victoria.

The above material has been reproduced with the permission of the NSW Ministry of Health, from *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014. For further information on this resource please visit [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



# SWAP IT, DON'T STOP IT!

## MODIFYING THE YUMMY TUMMY BOOK

Below are some tips for modifying *The Yummy Tummy Book* recipes and meal plans to suit your local resources, service needs and/or children's likes, whilst maintaining their nutritional value!

### FUSSY EATERS

Support children to eat a range of healthy foods through healthy eating experiences and positive mealtimes i.e. encourage them to touch, smell and discuss foods they refuse. Children can also help with food preparation and cooking. Remember: praise is key! Ask your *Munch & Move* Support Officer about the helpful [Healthy Eating Learning Experiences Resource](#) and [Managing Fussy Eating](#) fact sheet (both available for download).



### ACCESS TO FRESH PRODUCE

If your service cannot access quality fresh fruit and vegetables at affordable prices - choose frozen or canned alternatives to substitute in recipes. Dried options i.e. herbs and spices are also suitable. These are usually readily available, last longer, can be cheaper and also provide the same nutrition as fresh fruit and vegetables! When buying canned alternatives, be sure to choose ones with minimal added salt and sugar.



### COST OF INGREDIENTS

If your budget is tight, consider buying multiple canned or packet ingredients on special and store in the cupboard, fridge or freezer. For example, wholegrain bread can be bought and kept in the freezer. Buy locally for cheap and fresh produce or grow your own. Limit food waste to save money, or contact your local supermarket to enquire about donation arrangements.



### PROTEIN OPTIONS

Offering a variety of protein sources such as lamb, beef, ham, chicken, fish and turkey is important however some meats are less accessible. Consider offering eggs, legumes, canned tuna, tofu or veggie patties if meat options are not available. Remember to serve iron containing foods throughout your menu and fruit/veg high in vitamin C with vegetarian meals.



### MODIFICATION EXAMPLES TO CONSIDER

If your menu needs a white meat meal, swap beef mince for canned tuna in the beef and tomato patties (p20) and serve with wholegrain bread

If your service cannot source fresh vegetables, use frozen carrot and broccoli in the chicken and vegetable ragout (p29)

Ask parents for family favourite recipes and swap them with a similar dish on your menu. For example, if a family favourite is beef chow mein, swap this for the beef and tomato patties

Make extra meatballs, burger patties and fritters to freeze for later use (pages 20, 27, 33, 37, 38, 45, 50) if your service's cook is on leave or is time poor

Local shop only stocks one kind of potato? Use only sweet OR white potato in the vegetarian delights recipe (p51) instead of both

If you have children in your service with milk allergies, swap cow's milk for soy milk in recipes to avoid producing two meal variations

Is there a recipe that all the children LOVE? Alter the recipe slightly and rename it! Children love the moroccan lamb with cous cous recipe? Use the lamb meat to make toasted sandwiches or wraps!

To reduce waste, slice and freeze leftover bananas and defrost later to use as an ingredient in baking dishes like the banana pudding (p70)

### REMEMBER

Substituting ingredients or altering a recipe can change the nutritional content of the meal. If your service alters a recipe or meal plan, use the Two Week Menu Cycle Planning Tool in *Caring for Children: Birth to 5 years* to recheck that the menu meets the guidelines OR send your menu to your local *Munch & Move* team to review.



# ALLERGEN SUBSTITUTES FOR SNACK AND DESSERT RECIPES IN THE YUMMY TUMMY BOOK

The following substitutions are useful when catering for children with allergies but should not be used when planning entire menus. Services should discuss food allergies, menus and management plans with the child's family and encourage families to seek advice from health professionals when appropriate. See the *Munch & Move Manual* or *Caring for Children* for more information.

Recipes in *The Yummy Tummy Book* that contain common allergens:

- p55 - Apricot and Banana Muffins (Dairy, Eggs, Wheat/Gluten)  
 p56 - Banana Bread (Eggs, Wheat/Gluten)  
 p57 - Carrot, Banana and Sultana Muffins (Eggs, Wheat/Gluten)  
 p58 - Cheese and Vegemite Scrolls (Dairy, Eggs, Wheat/Gluten)  
 p59 - Creamy Avocado Dippers (Eggs)  
 p60 - Date Loaf (Eggs, Wheat/Gluten)  
 p61 - Iron Rich Muffins (Eggs, Dairy, Wheat/Gluten)  
 p62 - Mini Peach Muffins (Dairy, Eggs, Wheat/Gluten)  
 p63 - Mini Pizza Rounds (Dairy, Eggs, Wheat/Gluten)  
 p64 - Muesli Fruit Slice (Eggs, Wheat/Gluten)  
 p65 - Pumpkin Scones (Eggs, Wheat/Gluten)  
 p66 - Toasted Pita Chips with Roasted Beetroot Dip (Dairy, Eggs, Wheat/Gluten)  
 p67 - Wholemeal Cheese Scones (Dairy, Eggs, Wheat/Gluten)  
 p69 - Apple-Berry Sponge Delight (Eggs, Dairy, Wheat/Gluten)  
 p70 - Banana Pudding (Eggs, Wheat/Gluten)  
 p71 - Fruit Crumble (Eggs)  
 p72 - Fruit Parfait (Eggs, Dairy)  
 p73 - Fruity Bread Pudding (Eggs, Dairy, Wheat/Gluten)  
 p74 - Vanilla Berry Smoothie (Dairy)  
 p75 - Weetbix Slice (Eggs, Wheat/Gluten)  
 p76 - Yoghurt Sundae (Dairy, Eggs, Wheat/Gluten)



DAIRY



EGGS



WHEAT/  
GLUTEN

Note: Recipes with a symbol next to it contain the allergen



Pictured: Cheese and Vegemite Scrolls (p58)



Pictured: Fruit Parfait (p72)

## Alternate ingredients for allergens

### EGG

Experiment replacing one egg with:

- ¼ cup applesauce
- ¼ cup greek yoghurt
- ¼ cup mashed banana
- ¼ cup pureed silken tofu
- Commercial egg replacer
- 1 tsp baking soda & 1 tbsp vinegar
- 1 tbsp ground flax or chia seeds mixed with 3 tbsp water and left for 1 min to thicken
- 3 tbsp aquafaba

### DAIRY

- Replace cows milk with alternative such as soy milk. Choose brands with added nutrients (e.g. Vitamin D and B12 and calcium)
- Replace yoghurt with silken tofu or dairy free yoghurt alternatives (e.g. soy)
- Replace cheese with dairy free alternatives (e.g. store bought soy cheese)

### GLUTEN

- Use gluten free bread, wraps, pasta and noodles
- Use quinoa flakes, buckwheat, cornflour, brown rice flour instead of wheat based flours/products



## REMEMBER

Substituting ingredients or altering a recipe can change the nutritional content of the meal. If your service alters a recipe, use the Two Week Menu Cycle Planning Tool in *Caring for Children: Birth to 5 years* to recheck that the menu meets the guidelines OR send your menu to your local *Munch & Move* team to review.



