

RECIPE

Vegetable sticks with dip

Ingredients

purchased or homemade hummus

a variety of fresh or frozen vegetables:

- zucchini
- carrot
- snow peas
- cucumber
- broccoli
- baby sweet corn
- green beans
- capsicum

Steps

- 1** Wash vegetables and cut into straws or sticks.
- 2** Lightly steam or microwave to soften. Allow to cool.
- 3** Serve hummus with a selection of vegetables which are lightly steamed or raw.

Hints & ideas

- Try other dips such as:
 - avocado
 - eggplant
 - yoghurt (tzatziki)
- Hummus is made out of chickpeas and is a good source of iron, protein and calcium.
- Frozen and tinned vegetables can contain similar nutritional benefits as fresh. Choose varieties with no added salt, sugar or fat.

SPHN (CPH)160200



The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts *Healthy Eating and Active Play at Playgroup manual* and case studies, and the NSW Ministry of Health *Munch and Move* program and Local Health District resources.

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Health



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