

Vegetable Based Recipes

Mini Pizzas

Makes 30-32 serves

Ingredients

Base

15 English muffins (2 packets of eight); 15 crumpets (2 packets of eight); or 15 small wholemeal pocket bread (2 packets of eight); or 15 bread rolls

Topping

300g tomato paste
2 tablespoons dried oregano
500g grated low-fat cheese

Also choose from:

2 small capsicums, diced
300g (1 bag) button mushrooms (sliced thinly)
2kg tomatoes, sliced
2 medium onions, sliced into rings
400g tin pineapple pieces, drained
½ bunch celery chopped
300g tub tablespoon cottage cheese
300g chopped ham, chicken or tuna

Method

Preheat grill, oven or pie-warmer.

Mix the oregano into the tomato paste.

Spread the base with the tomato paste mixture. Top with selected ingredients eg chopped capsicum, tomato, pineapple, ham etc.

Sprinkle with oregano and top with cheese.

Place under the grill until cheese melts (about 5 minutes) or in oven or pie warmer for 10-15 minutes.

Tacos

Makes 30 serves

Ingredients

Chilli Con Carne

15kg lean mince
5 medium onions, chopped
6 cloves garlic, crushed
5 large stick celery, finely chopped
10 medium carrots, grated
5 x 425g cans diced tomatoes
5 x 425 g cans kidney beans, drained
1 large jar tomato paste
4 cups water
6 teaspoons chilli powder (optional)
1 tablespoon sugar

To serve

30 large or 60 small taco shells
2 lettuce, shredded
10 tomatoes, sliced
5 carrots, grated
5 cups reduced fat cheese, grated

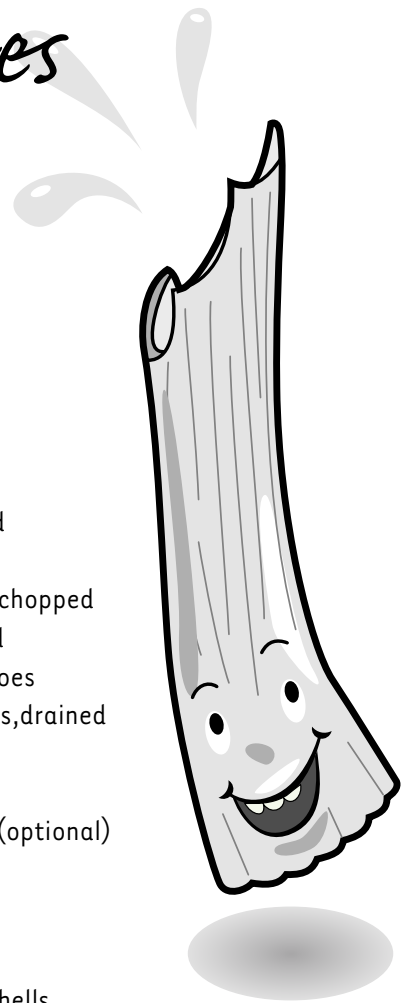
Method

Cook mince, onion and garlic in a large saucepan on medium heat, stir to break up mince and allow to brown.

Add celery, carrot, tomatoes, tomato paste, beans, water, chilli, sugar and pepper.

Simmer for 50 minutes, stirring occasionally and thicken if required.

To serve: fill taco with chilli con carne, then lettuce, tomato slices, grated carrot and cheese. Serve immediately.



Vegetable Based Recipes

Stir-fried Rice

Makes 30 serves

Ingredients

100mL oil
2kg onions, finely chopped
15 cloves garlic, crushed
2kg carrots, cut in small cubes
10 small red capsicum (optional), sliced finely
1 head cabbage, sliced finely
3 cups frozen peas
300mL salt-reduced soy sauce
100mL chilli sauce to taste (optional)
2.5kg uncooked rice

Method

Cook rice and set aside. Heat oil in wok or pan and cook onion, garlic and carrot for 5 minutes. Add capsicum and cabbage. Cook for a further 5 minutes (stir vegetables).

Add peas, soy sauce, chilli sauce and rice, stir over high heat until heated through and serve.

Alternative tip - Omit the carrot and frozen peas and substitute 2 x 1.5kg bags of frozen mixed stir-fry vegetables.

Pita Rolls

Makes 30 serves

Ingredients

30 pita bread
5 large carrots, peeled and grated
5 fresh beetroot, peeled and grated
2kg tomatoes, sliced 2 lettuces, shredded 500 g reduced-fat cheddar cheese, grated

Method

Layout the pita breads. On the top 2/3 of the pita, place some tomato, lettuce, carrot, beetroot and cheese. Fold the bottom third over the filling and roll from one side, leaving the top end open. Wrap in plastic wrap and refrigerate.

Try other fillings:

- Drain tuna packed in water and mix with finely chopped celery, apple, spring onions, and low fat mayonnaise
- Chopped cooked skinless chicken with fresh coleslaw

Hint: Wrap a folded paper napkin around the roll, this will keep the pita together when eating, and can be used to wipe sticky fingers after lunch. Wrap in plastic film.



Vegetable Based Recipes

Stuffed Potatoes

Makes 30

Ingredients

15 large potatoes, washed
3kg baked beans
8 large tomatoes (about 2kg), chopped
8 small green capsicums, chopped
750g grated low-fat cheese

Method

Pierce potatoes several times with a skewer or fork. Microwave potatoes in batches of 4 on high for 12 minutes (or boil all of them in a large saucepan until soft). Allow to stand for 5 minutes.

Place baked beans, tomato and capsicum in a microwave safe bowl, cook on high for 8 minutes, stir, then cook a further 2 minutes or until heated through. Alternatively cook in a small pan over a low heat for 3 minutes.

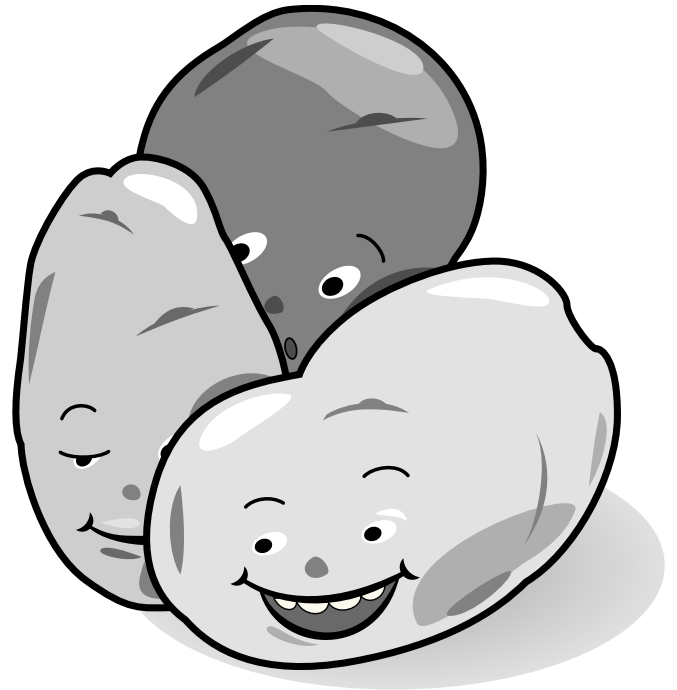
Cut the potatoes in half. Scoop out a spoonful of the cooked flesh.

Pile bean mixture back into potato skins. Top with grated cheese.

Reheat in microwave for 3 minutes per 8 serves (or in the oven at 150°C for 30 mins).

Wrap in alfoil and serve with a fork.

Variations: stuff potatoes with canned corn and cheese, drained tuna, coleslaw and cheese.



Fruit Based Recipes

Strawberry Surprise

Makes 30 cups

Ingredients

5 punnets strawberries, washed and stalks removed
5 litres low-fat milk
3kg low-fat strawberry yogurt
cinnamon for sprinkling if desired

Method

Blend well until thick and frothy.

Pour into foam or paper cups and sprinkle with cinnamon if desired.

Variation: use fruits such as peaches, apricots, bananas or pineapple, or flavoured yoghurts for variety.

Rockmelon Boats

Makes 30 serves

Ingredients

5 rockmelons
2 large / 3 small honeydew melons
1kg watermelon
3 punnets strawberries (small-medium), washed and halved
30 Toothpicks
30 Cocktail umbrellas (optional)

Method

Cut rockmelon in half lengthwise and remove seeds. Cut each half into three wedges.

Use a melon bailer to scoop flesh from honeydew and watermelon. Or remove the rind and chop the melon into 2cm chunks

To assemble boats, place two melon balls and a strawberry on a toothpick and insert into the back 1/3 of the rockmelon. Decorate with a cocktail umbrella at the other end of the boat.

Fruity Kebabs

Makes 30 kebabs

Ingredients

1.5kg canned pineapple pieces in natural juice, drained
3 green apples, washed
1 large / 2 small rockmelons
3 punnets strawberries, washed
30 wooden skewers

Method

Drain pineapple and reserve juice.

Cut apple into 2 cm pieces and cover with the reserved pineapple juice.

Using a melon baller, scoop out balls of rockmelon. Or remove the rind and chop the melon into 2cm chunks

Remove stalks from strawberries, cut in half if large. Thread fruit onto the kebabs alternating the different pieces. (For children cut pointy end off skewers)

Variation: use other fruits that are in season such as banana or pear (dip in pineapple juice once cut), kiwifruit, fresh pineapple or watermelon.

For smaller children, thread fruit chunks onto thick tubular spaghetti strands (No.5). The spaghetti will remain firm for approximately 30 minutes.

Fruity Cones

Makes 30 cones

Ingredients

10 cups of mixed fresh fruit in a variety of colours
30 square icecream cones

Method

Wash and chop fruit into cubes -1cm in size.

Drain the fruit of excess liquid and pile into the cone. Top with yoghurt or a dollop of icecream if desired.

Serve immediately to prevent the cones going soggy. Variation: cover tinned or fresh fruit with jelly and allow to set. Chop with a fork and fill icecream cones.

