



# RECIPES AND SHOPPING

**This section is for early childhood services professionals to use with parents.**

**It contains shopping and cooking hints that can be passed on to parents and carers of children. It draws on a number of resources produced nationally. It includes the following sections:**

**Shopping and meal preparation for families (Page 1)**

**Shopping for fresh vegetables and fruit (Page 4)**

**Kids in the kitchen (Page 9)**

**Tried and true recipes for families and children (Page 11)**

# Shopping and meal preparation for families

The best way to maximise time and energy is to plan for shopping and cooking - and eating too! That is, make time to sit down and enjoy snacks and meals whether on your own or with family and friends. Even when sharing a simple snack or meal, it can be enjoyable for all - even the cook.

## Get inspired

Cooking can become a daily grind. But every now and then, take time out to think of the way things could be.

Browse food magazines, recipe books and your personal recipe collection /scrap book for inspiring ideas about what to cook. It doesn't have to be complicated – tear out pages and store them in a folder or A4 size envelope.

Make a record of dishes that have been very popular – they may become family favourites in the future. You may also like to make slight variations to these popular dishes to keep up the family's interest.

## Menu Planning

Planning a menu for the week is a great start to developing a weekly shopping list. It's wise to consult with those you are planning to feed, to involve them in the process and allow them to have a choice.

Sharing the responsibility of meal-planning may also encourage your partner and children to have a go at shopping and cooking. When planning meals, take into consideration the family's taste preferences, food budget, time, equipment and skills.



1. Jot down the days of week on paper.
2. Decide on the main meal of the day - it may be lunch on the weekends or holidays.
3. Decide if you will have fish, chicken, meat, legumes, eggs or tofu. Then decide if you will have vegetable, salad or both with this meal. Finally select either bread, rice, pasta, noodles or some other form of grain to complete the meal.
4. Plan the next main meal of the day. Similar to step 3 above. Remember to include plenty of vegetables (either raw, cooked, grated into a sandwich or chopped as a salad).
5. Plan the remaining meal and snacks for the day. Remember fruit/raw vegetables are excellent "ready to eat" snacks.
6. Dairy foods are important - generally 3 serves of milk, cheese and yoghurt are needed every day. This may be included in the main meals or as a snack between meals.
7. Be sure to plan for lunches eaten away from home such as work and school lunches and picnics for the weekends or holidays. Include water in individual packs or invest in groovy drink bottles for both kids and adults.





## Meal-planning checklist

Ensure your diet (and your shopping trolley) includes a wide variety of foods from the major food groups listed below.

- Vegetables** – this group includes legumes, kidney beans, baked beans, chickpeas and lentils. Adults need 5 serves of vegetables every day.
- Fruit** – go for a wide variety. Adults require 2 serves of fruit every day.
- Cereals and grains** – includes wholemeal / rye or white bread, ready to eat breakfast cereal (preferably low sugar), pasta, rice (wholemeal/white), noodles, couscous, rolled oats.
- Dairy** – includes milk, cheese and yoghurt
- Lean beef, pork, lamb, chicken, legumes, tofu, nuts and eggs.
- Fish** – fresh or canned (aim to include fish in the diet twice a week)



Have a 'shopping list on the go' - you can add to between shopping trips. This not only reduces the stress associated with running out of essential items, it saves money too. When shopping 'for everything' that is probably what you will come home with! When shopping for specific items on your list you will be sure to bring them home with only a few extras in tow.

It sounds funny when you hear the tip 'don't go shopping when you are hungry' but it is absolutely true. You are more likely to pick up more than you need and it will cost you much more!

1. Check to see what you already have in the refrigerator, freezer and pantry.
2. Make a list of the regularly consumed items you need to replace.
3. Check your menu plan (above) and add extra items you need to prepare the planned meals.

Set out your list according to the different shops/supermarket departments you need to buy from:

This saves time and energy because you can go from shop to shop or from section to section in the supermarket without back-tracking.

## Shopping for fruit and vegetables

One of the best ways to include more fruit and vegetables is to include a range of fresh and processed

vegetables and fruits. So, when you think vegetables and fruits, think:

- Fresh and seasonal
- Frozen
- Canned
- Marinated
- Bottled (including pasta sauces and tomato paste)
- Dried



### A note on fruit juices

- Encourage children to drink and enjoy water and to eat fruit.
- Drinking large amounts of fruit juice (or any other sweet drink) may result in tooth decay, picky eating or growth problems.
- Children do not need fruit juice for good health.
- This includes 100% fruit juice, fruit juice drink, fruit juice cordial and Vitamin C syrups. Flavoured mineral waters, soft drink, or cordials are also not recommended.



## Value-for-money

Most families budget each week for groceries. Keeping to this budget can be a real challenge. The following tips will help you to stay within this budget when planning for and feeding your family.

- Plan the weekly menu before you shop - that way you'll only buy what you need and there's less chance of wastage at the end of the week
- Remember to plan for lunches eaten away from home such as work and school lunches
- Make a shopping list and don't be led astray - try to stick to your budget and menu plan and only buy what you need
- Try to avoid shopping when you're hungry, or just before a mealtime; you are more likely to overspend, or impulse buy. Check to see what's in your pantry and what's left over in the fridge - use these items in the early part of the week to avoid wastage
- Be flexible when shopping. For example if a recipe calls for beef, but lamb is on special, modify the recipe to use lamb instead
- Use recipes that include cheap and readily available ingredients, or substitute these items for more expensive options
- Buy produce in season to ensure the best prices. If fresh produce is expensive, compare the prices of frozen and/or canned foods
- Consider buying foods in bulk. This costs less than buying many small amounts
- Take-away foods and "party" foods like chips, lollies, bought cakes and biscuits, frozen meals or snacks, soft-drink, juice and cordials are all expensive and provide less nutrition than the homemade alternative or more healthy options.

### Compare the cost of:

- Fresh vegetables with frozen and canned vegetables
- Frozen chips with fresh potatoes
- Home-cooked pasta and noodle dishes with 'instant pasta meals' and packs of prepared noodles.
- Home-cooked muffins and cookies with commercial varieties or with other snack foods such as muesli slices and bars



## Value for Money: Practical Tips

- Buy bread on special and freeze for later use
- Visit the market at the end of the day when fruit and vegetables are often heavily reduced
- Buy fruit and vegetables in season
- Use left over vegetables for soups, casseroles or sauces
- Dried beans, peas and lentils are inexpensive and very nutritious. They can be substituted for meat or used to extend a meat meal
- Use ripe fruit on special for smoothies, muffins and cakes
- Make extra food and freeze the left overs. These can be eaten in busy times instead of expensive take-away foods

## Convenience foods

- It can be handy to have some home cooked/commercial frozen meals in the freezer, for the busy times.
- For times when parents are extra busy or when out, commercially prepared baby food can be used.



## Shopping for fresh vegetables and fruit

When shopping for fresh vegetables and fruit, it pays (literally) to know what's in season. So here is a guide to what's in season when.

### What's in season and when?

The following is a guide to the seasons and which fruit and vegetables are plentiful at those times. While fruit and vegetables which 'belong' to one season or another can be available at different times of the year, this guide lets you know when items are most plentiful - and therefore likely to be the best quality, and cheapest.



Vegetables	Fruit
<p><b>All Year Round</b> </p> <p>Asian greens, Avocados.</p>	<p><b>All Year Round</b> </p> <p>Lemons, Pineapple.</p>
<p><b>Spring</b> </p> <p>Artichokes - globe, Asparagus, Beans - broad, Broccoli, Savoy Cabbage, Cucumbers, Lettuce, Onions - spring &amp; salad, Sweetcorn, Watercress.</p>	<p><b>Spring</b> </p> <p>Loquats, Starfruit.</p>
<p><b>Summer</b> </p> <p>Asparagus, Beans - green and butter, Carrots, Capsicums, Celery, Chillies, Chokos, Cucumbers, Daikon (radish), Eggplant, Okra, Lettuce, Onions - spring &amp; salad, Squash, Peas, Radishes, Squash, Sweetcorn, Tomatoes, Watercress, Zucchini.</p>	<p><b>Summer</b> </p> <p>Apricot, Bananas, Berries (such as blackberries, blueberries, boysenberries, loganberries, mulberries, raspberries &amp; strawberries), Cherries, Currants (red and black), Durian, Grapes, Guava, Kiwifruit, Lychees, Mangoes, Mangosteen, Melons (honeydew, rockmelon &amp; watermelon), Nectarines, Oranges - valencia, Passionfruit, Peach, Plums, Rambutan, Starfruit, Tamarilloes.</p>
<p><b>Autumn</b> </p> <p>Broccoli, Brussels sprouts, Cabbage, Carrots, Capsicums, Celery, Chillies, Cucumbers, Daikon (radish), Eggplant, Garlic, Leeks, Lettuce, Mushrooms, Okra, Olives, Onions - brown, Potatoes, Pumpkins, Silverbeet, Spinach, Tomatoes, Witlof, Zucchini.</p>	<p><b>Autumn</b> </p> <p>Apples, Berries, Breadfruit, Feijoa, Figs, Grapefruit, Grapes, Guava, Kiwifruit, Limes, Melons, Papaya, Pears.</p>
<p><b>Winter</b> </p> <p>Artichokes - Jerusalem, Beetroot, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Celeriac, Celery, Fennel, Garlic, Kale, Kohlrabi, Leeks, Olives, Onions - brown, Parsnips, Potatoes, Silverbeet, Spinach, Swede, Sweet Potatoes, Taro, Turnips, Witlof.</p>	<p><b>Winter</b> </p> <p>Apples, Cumquats, Custard apples, Grapefruit, Limes, Melons, Pears, Quinces, Rhubarb, Tangeloes</p>



## Tips for buying fruit and vegetables - focus on quality and value for money

- 1 Buy plenty of fresh fruit and vegetables. Your family will tend to eat more if they consistently see it in the home.
- 2 Go for variety when buying vegetables and fruit - try to buy a different selection every week.
- 3 Adults require 5 vegetables and 2 fruits every day. This will help you plan how much to buy.
- 4 Choose fruit and vegetables that are firm and seem heavy for their size. Also look at how bright and fresh looking they are.
- 5 The longer they have been stored, the greater the loss of moisture, which makes them lighter than when they are at their peak freshness.
- 6 Greens such as cabbages, spinach and silverbeet should have bright 'crisp' leaves with no signs of wilting.
- 7 When buying vegetables and fruit with leaves attached, such as rhubarb, beetroot and radishes avoid those with wilted or discoloured leaves.
- 8 Avoid vegetables and fruit showing signs of decay, such as pumpkin with soft flesh around the seeds or berries with mould at the bottom of the punnet.
- 9 Select fruits like bananas, avocados and stone fruits (peaches, nectarines, plums and apricots) at varying stages of ripeness so you can eat them as they ripen.
- 10 Remove vegetables and fruit from plastic bags, or tuck a piece of paper towel between the bag and the vegetables and fruit, to help prevent moisture building up and hastening spoilage.
- 11 It's best to wash vegetables and fruit (herbs too!) just before use - never before storing them in the refrigerator. If you have some left over washed lettuce or herbs, wrap them loosely in paper towels and store in the crisper- they should keep fresh for a few days.
- 12 Fruit and vegetables left over at the end of the week can be used in a variety of ways. Vegetables can be made into soup or pasta sauces and frozen. Fruit can be made into smoothies, fruit crumbles or stewed.





## For Family Meals, pop vegetables in...

<b>platters</b>	Slice or cut celery, cucumber, carrots or capsicum into sticks and serve with a tasty dip such as hommus or eggplant.
<b>lunchboxes</b>	Slice, dice or cut fresh vegetables and pop into lunchboxes with cubes or portions of fruit for a fresh and inviting lunchbox.
<b>sandwiches</b>	Try the vegetable fillings suggested for <i>Triple Decker</i> sandwich, page 14.
<b>pikelets</b>	Add chopped or grated vegetables to pikelets for a healthy filling snack. Serve hot from the pan for best results - a great weekend or holiday light lunch idea. Vary the recipe by using different vegetables every now and then and ask partner and kids for their ideas about which vegetable they may like to try next - sweet corn kernels, grated carrot and zucchini, sliced spring onions and chopped spinach and celery go well.
<b>salsas</b>	Dice colourful tasty vegetables such as capsicums and spring onions and combine with lemon or lime juice as in <i>Carnival Capsicum Salsa</i> , page 24.
<b>pasta sauces</b>	Vegetables such as mushrooms, eggplant and capsicum are especially suited to tomato-based pasta sauces. But don't overlook corn kernels and thinly sliced or chopped celery, zucchini and spinach.
<b>roast vegies</b>	Scrub or peel vegetables and cut into neat (not too big) portions (pumpkin, sweet potato, potatoes, parsnips and beetroot) and toss in a few teaspoons of olive oil. Arrange on baking trays and bake in a pre heated oven at 200°C until lightly browned and cooked through, about 25 -35 minutes.  Halfway through the cooking time, you may like to pop in some large cap mushrooms, eggplant, capsicum and zucchini slices tossed in a little olive oil.
<b>soups</b>	It's easy to whip up quick soups and you can create thick and chunky (see <i>Chilli Bean Soup</i> , page 11) or light and creamy (see <i>Creamy Broccoli Soup</i> , page 12).
<b>quiches &amp; fritattas</b>	Add sliced cooked potatoes, chopped spinach and cheese, sliced leeks to the filling before cooking.
<b>wedges</b>	Partially cook scrubbed or peeled pumkin or potatoes in a microwave ovenproof container (5 minutes for 500g potatoes) or steam for 10 minutes. Allow to cool slightly, then cut into chunky wedges. Place in a bowl and toss with 1 tablespoon olive oil. Sprinkle with 2 tablespoons wholemeal flour and 1 tablespoon sesame seeds, then arrange on a baking tray and bake in a pre-heated oven at 200°C until golden brown and cooked through, about 15 minutes. Serve with a tasty dip or sauce and some fresh salad.



**stir-fries**

Cut capsicums, carrots, celery or zucchini into sticks or strips. Add sliced vegetables such as mushrooms, green beans as desired. Just before serving, stir through some crunchy bean shoots. Start with strips of lean beef or pork or skinless chicken pieces before adding vegetables and flavour with salt-reduced soy sauce and a few drops of sesame oil just before serving. Serve with cooked rice or noodles for a complete meal.

**jaffles & toasted sandwiches**

Slice tomatoes or quick-cooked asparagus and add to jaffles and sandwiches along with grated cheese – try using mozzarella for the 'melty' 'stringy' effect kids love. For extra flavour (and more veg!), add a spoonful of spicy Mexican salsa or thick tomato-based pasta sauce.

**burgers & meatloaves**

Grated and finely chopped vegetables not only add flavour to burgers and meat loaves, it also keeps them moist and succulent (see *Bonza Burgers*, page 15).

**vegie rolls**

Combine chopped spinach with ricotta cheese and a little crumbled feta cheese to make tasty filling for filo rolls. For quick rolls without heating up the oven, line a sandwich maker or jaffle iron with two layers of filo pastry (cut pastry to size with scissors set aside for use with food).

**pizzas**

Slice mushrooms, capsicums, onions, pineapple and grate carrot. Arrange the vegetables in separate bowls or on a large chopping board. Spread a little prepared pasta sauce, spicy bottled Mexican salsa or tomato paste over English-style muffins or individual pizza bases. Grate a little cheese or provide sliced mozzarella cheese. Get partner and/or children to choose the topping/s. Get the kids to arrange their topping in their initials so it doesn't get mixed up with the others.

**skewers**

Have fun threading all sorts of vegetables onto skewers and adding them to your next barbecue for family and friends. It's a good idea to partly cook firmer vegetables like carrots, pumpkin and potatoes first so they cook at the same time as softer vegetables like mushrooms, capsicums and tomatoes. Steam large cubes of carrot, pumpkin or potato for 3 - 5 minutes or cover and cook in a microwave ovenproof container on High for a few minutes only. Add cubes of marinated lean beef, pork or skinless chicken if desired.

**quick sauces**

Roast vibrant red capsicums or tomatoes. Remove skins and puree flesh in a blender or food processor with some tasty flavourings to make a stunning colourful sauce to dip potato wedges into. Or use to drizzle over burgers or roast chicken and vegetables.

**nachos**

Layer corn chips, salsa and chopped or grated fresh vegetables and a little grated cheese before baking. Serve hot from the oven sprinkled with diced colourful vegetables such as red, yellow and green capsicums, spring onions or celery (see *Carnival Capsicum Salsa*, page 24).



#### salads

Shred cabbage leaves finely – try Chinese cabbage (wong nga bok) which has crisp tender leaves and makes fabulous coleslaw. Add grated carrot and sliced spring onions and dress with equal parts light mayonnaise and plain yoghurt. Or arrange young tender crisp lettuce leaves on serving plates and top with favourite salad vegetables such as cucumber, cherry tomatoes, salad onions and carrot sticks. Drizzle with a little dressing and serve with barbecued, roasted or grilled meat or mini beef burgers or mini tuna patties.

### For family meals, pop fruit in...

#### platters

Cut fresh juicy pineapple or melon into bite size cubes. Top with halved apricots, nectarines, small bunches of grapes and whole strawberries.

#### skewers

Cut fresh fruit into slices or cubes and thread onto bamboo skewers or cocktail sticks. If using fruits such as apples and pears, drizzle with lemon, orange or pineapple juice to prevent browning. For hot weather, pop the skewers in the freezer for 'frozen fruit on a stick'.

#### main meals

Add fresh fruit or fruit canned in juice to main meals and accompaniments such as pineapple on pizza fried rice, or fruit canned in juice to couscous (see *Fruity Couscous*, page 16).

#### icy treats

Freeze! Vary the fruit according to the seasons. Whip up luscious frozen fruit and yoghurt delights (see *Cherry Yoghurt Freezes*, page 20).

#### sauces

Slice fresh strawberries or use whole blackberries, blueberries, loganberries or raspberries. Combine with a little maple syrup or honey for a luscious sauce.

#### stewed fruit

Simply stew fruit and serve with custard (see *Creamy No Stick Custard*, page 24). Stewed rhubarb is delicious served with custard, and also with plain yoghurt.

#### fruit crumbles

Stewed fruit such as apples, pears, peaches, plums and rhubarb make delicious fruit crumbles.

#### fruit canned in juice

Serve fruit canned in juice with custard, yoghurt or ice cream or serve on top of breakfast cereals.

#### cakes & muffins

Mash bananas and add to cakes and muffins. Make fruit upside down cakes to create interest, add flavour and keep cakes moist - try using sliced fresh apples, nectarines, pears, peaches and plums or drained canned fruit in juice such as pineapple, peaches and apricots. Add dried fruits such as currants, sultanas, chopped raisins, dates and dried apricots.

#### pikelets

Add blueberries, sliced drained canned pineapple, mashed or sliced banana, sliced strawberries, grated apple or sultanas, currants or raisins. Ask the kids to suggest other fruits they would like to add. Hot pikelets straight from the pan are also great topped with fresh fruit or fresh fruit sauces (see *Fruit Pikelets*, page 21).

## Kids in the kitchen








Encouraging children to help with shopping and meal preparation may seem more trouble than it's worth at first, especially when you are busy or tired. However, the investment will pay off when your children feel involved in the process - they are more likely to try new foods and new dishes when they have helped to prepare them.

Tasks as simple as measuring ingredients, stirring mixtures, brushing oil over baking trays and cake tins or arranging muffins, pikelets or fresh vegetables or fruits on serving platters help build confidence in food preparation.





Many of the recipes can be prepared in 'mini' sizes which could fascinate your child/children enough for them to taste the dishes. Small servings of food are more attractive to children than adult size serves which can be rather daunting for children.



### Being Prepared

-  Stock up the pantry, freezer and refrigerator with staple foods.
-  Be sure to store pantry items in airtight jars to avoid spoilage or infestation with creepy crawlies.
-  Have a ready supply of canned and bottled vegetables and pasta sauces and tomato paste in the pantry.
-  Make sure there are several types of frozen vegetables tucked away in your freezer for those impromptu meals and for times when you are too tired or too busy to shop for fresh.
-  Stock up with some cans of fruit and dried fruits.
-  Breakfast cereals make convenient and nutritious snacks after school or before or after playing sport.
-  Cook larger quantities of foods you use frequently or in large amounts, for example; pasta sauce, stewed fruit, lasagne, curries, soup, casseroles, rice, pasta, dried beans, peas and lentils. This can be frozen and used later.

### Be sure to store left over foods safely:

-  Place in storage containers shortly after preparation.
-  Label and date the food and store in refrigerator or freezer at once.
-  Leftover fresh bread can be made into breadcrumbs and frozen for later.
-  Add leftover steamed, stir-fried or roasted vegetables the next day in soups, casseroles, fried rice, jaffles and toasted sandwiches and vegetable or meat patties.



## Light meals and lunches

### Chilli Bean Soup with Corn Chips / Bread

Creamy, corny and spicy all at once, this thick soup is sure to please young and old alike. Adjust the amount of chilli sauce according to your taste. You can replace the canned corn with fresh corn when in season, or replace corn with peas (frozen peas or fresh peas when in season). This recipe is a good example of how you can be flexible with fresh or canned vegetables.

Serves 4

1 tablespoon olive oil	1 onion, chopped
1 X 420g can creamed corn	1 teaspoon crushed garlic
1 – 2 teaspoons sweet chilli sauce	2 cups water
1 X 810g can salt-reduced crushed tomatoes	
1 X 420g can red kidney beans, drained	
100 g salt-reduced corn chips for serving, bread or toast fingers if serving to children	

1. Heat oil in a large saucepan and stir-fry the onions over a high heat for one minute. Reduce the heat, cover and cook over a low to medium heat for five minutes.
2. Stir in all the remaining ingredients except for the corn chips, then bring to the boil over a medium heat, stirring to prevent the soup from sticking to the bottom of the pan.
3. Serve straight away in cups and saucers or in small bowls resting on bread and butter plates with the corn chips or slices of bread tucked around the sides.

#### Cook's Tip – Fun eating!

Children will love dipping the toast fingers or bread sticks into this soup. For a change, serve with fingers of toast - great for dipping into the soup too!

**Acknowledgment:** Australian Cancer Society's Eat! Enjoy! Lifetrack Cookbook

## Creamy Broccoli Soup

This delicious soup is given a wonderful lift from the dried basil leaves, whilst the milk adds a creamy texture.

*Serves 4*

1 tablespoon olive oil	1 onion, chopped
600g broccoli, trimmed and chopped	2 cups vegetable or chicken stock
1 teaspoon dried basil leaves	3 - 4 cups milk
Coarsely ground black pepper (optional)	



1. Heat oil in a medium-large saucepan and stir-fry the onion over medium-high heat 2 minutes. Add the broccoli and stir-fry a further two minutes.
2. Reduce the heat, cover and cook over low heat for 10 minutes, stirring occasionally. Add the stock and bring to boil. Cover and cook over low-medium heat 10 minutes.
3. Allow to cool slightly. Using a blender, blend the soup in batches with the milk until smooth (add enough milk to reach desired consistency). Return the soup to the saucepan and heat through, stirring. Serve at once, sprinkled with a little pepper if liked.

### Cook's Tip - Meals in a cup

Adding plenty of veggies to soups make nutritious light meals when served with bread, bread rolls or toast. And remember, kids love dipping 'toasty fingers' into soup - another great way to encourage them to enjoy their veggies!

### Veggie variety

Experiment with different seasonal veggies. Try replacing broccoli with finely chopped pumpkin or carrot.

**Acknowledgment:** Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).

## Sweet Chilli Snacks

Here's a new way to serve stir-fried pork, chicken, beef or tofu. Sweet chilli sauce and coarse ground black pepper combine to make a tasty marinade for lean pork or chicken, which is quickly cooked and served on fresh crusty bread spread with cream cheese and fresh seasonal vegetables.

Serves 4

200g extra trim pork loin steaks, chicken breast, beef or tofu cut into strips  
 2 tablespoons sweet chilli sauce  
 1/4 teaspoon coarse round black pepper  
 1 tablespoon olive oil  
 1 small bread stick, cut in 1cm thick slices  
 125g cream cheese  
 2 firm ripe tomatoes, sliced  
 Additional 2 teaspoons sweet chilli sauce  
 2 Lebanese cucumbers or 1/2 cucumber, sliced

1. Place the pork or chicken strips in a mixing bowl and add the sweet chilli sauce and black pepper. Turn over several times to ensure it is evenly coated with the sauce. If possible, set aside in the refrigerator to marinate for 15 minutes.
2. Heat oil in a wok or frying pan and stir-fry the pork or chicken over medium-high heat until cooked through, 3 - 4 minutes. Remove from the heat and set aside.
3. Spread the cream cheese over the sliced bread stick. Arrange the tomato slices and pork or chicken on top then drizzle each serve with the additional sweet chilli sauce. Top with the cucumber slices and serve at once.

### Cook's Tip - special fried rice

The marinated stir-fried pork or chicken is perfect for adding to fried rice with shredded Chinese cabbage (wong nga bok) to make a scrumptious one pot meal that the family will love.

### Fresh and feisty vegies!

Add extra vegetables to this dish - they add a welcome crunch and tangy flavour to a host of dishes, like this one.

**Acknowledgment:** *Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).*

## Triple Decker Sandwich

(Older kids can make)

Combine your favourite foods to create a colourful, delicious and filling sandwich. It makes a great lunch for school or weekends or for an after school snack. Encourage kids to help prepare it and have a choice of fillings they would like to include.

Serves 1 - 2

3 slices wholemeal or white bread

*Choose four or more of the following fillings:*

- Tasty cheese
- Tomato
- Cream cheese
- Sultanas
- Lean ham
- Mung bean or alfalfa sprouts
- Lean roast pork or beef
- Banana
- Beetroot
- Tuna
- Boiled egg
- Vegemite
- Lettuce
- Pineapple
- Mayonnaise
- Corn kernels
- Cucumber
- Red or green capsicum
- Peanut paste
- Honey
- Hommus
- Grated carrot
- Radish
- Mushroom

Lightly spread two slices of bread with either margarine, peanut paste, hommus or mayonnaise. Place two of the sandwich fillings on one of the slices of bread. Place unbuttered slice of bread on top.

Place two or more sandwich fillings on top of the second layer of bread. Place third slice of bread on top. Cut in half and serve.

**Acknowledgment:** National Heart Foundation of Australia, Victorian Division.



## Main meals and dinners

### Bonza Burgers

(Kids can help make)

These lean and tasty burgers are enriched with vegetables and perfect for kids to help make or to make themselves.

Serves 4

#### Meat Pattie

300g lean minced beef  
 1/2 cup rolled oats  
 1/4 carrot, grated  
 1/2 small onion, grated  
 2 teaspoons tomato paste  
 Large sprig of parsley, chopped  
 Black pepper

#### To serve:

1 large tomato, sliced  
 2 lettuce leaves, shredded  
 1/4 carrot, grated  
 4 round wholemeal bread rolls  
 4 teaspoons margarine  
 Tomato or sweet chilli sauce



1. Combine mince, carrot, parsley, oats, onion and tomato paste. Add a couple of shakes of pepper, then mix until all ingredients are combined.
2. Using hands, shape the meat mixture into rounds, then flatten.
3. Heat a frying pan or barbecue. Cook the burgers until golden brown on one side. Turn and cook on the other side. Make sure the burgers are cooked though thoroughly.
4. To assemble the burgers, cut bread rolls in half and spread with a scrape of margarine. Place burger on roll then top with salad ingredients and top of bread roll.

#### Cook's Tip - Meat balls

Instead of making burgers from the mixture, form it into balls the size of a walnut. Cook until golden brown all over and let children feed themselves. These meatballs are also great served with prepared pasta sauce for ever-popular spaghetti and meatballs.

**Acknowledgment:** *National Heart Foundation of Australia, Victorian Division.*

## Fruity Couscous

This quick, easy and tasty dish was especially made to be served with *Stir-Fry* for a change from the usual rice. However, Fruity Couscous also teams up well with any barbecued or roast meat or chicken, or your favourite stews or casseroles.

Serves 4

2 teaspoons olive oil  
 4 - 6 spring onions, sliced finely  
 1 cup couscous  
 3 tablespoons dried currants  
 1 apple, peeled and grated, OR  
 1/2 cup fruit canned in natural juice, drained and chopped  
 1 cup water  
 Coarsely ground black pepper



1. Heat the oil in a saucepan and stir-fry the spring onions over a medium heat for up to two minutes. Add the couscous and continue to cook, stirring continuously for one minute.
2. Stir in the currants, apple (or fruit in juice, including juice) and water. Cover the saucepan and cook over low heat for one minute only.
3. Remove from the heat and set aside to allow liquid to be absorbed and couscous to soften. Using a fork, separate the grains of couscous, season with the pepper and serve at once.

### Cook's Tips - convenient couscous

Couscous is tiny pellets made from semolina (wheat), moistened and coated with flour. It originated in North Africa and is now available in supermarkets. As couscous has been pre steamed, it can be cooked very quickly making it a popular food for busy people.

**Acknowledgment:** *Shop Well, Eat Well, Live Well* program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).

## Mini Tuna Patties

These are great served hot straight from the pan. For a meal, serve with oven-baked chips and coleslaw or a small salad of lettuce leaves with cherry tomatoes. For a snack, pop in a small dinner roll with lettuce and tomatoes.

*Makes 12 mini patties*

185g can tuna in spring water, drained	1 egg, beaten
2 spring onions, sliced finely	1 stick celery, chopped finely
1/2 cup fresh or packet breadcrumbs	
1 tablespoon canola oil or olive oil	
1 – 2 teaspoons sweet chilli sauce OR finely chopped parsley OR tomato paste	



1. Using a fork, break up the tuna into flakes. Combine with egg, spring onions, sweet chilli sauce / parsley / tomato paste, celery and breadcrumbs. Make into patties about the size of an egg.
2. Heat a little of the oil in a frying pan and cook the patties in batches until golden brown, about two minutes each side.

### Cook's Tips - spring onions

Wash and trim off only the limp ends of the green leaves of spring onions - you can use most of the leaves for colour and flavour.

### Getting fresh with breadcrumbs

It's easy to make fresh breadcrumbs from leftover bread. Tear bread into pieces and drop down the feeder chute of a food processor while it is operating. If not using at once, store in freezer bags in the freezer until needed.

**Acknowledgment:** *Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).*

## Stir-Fry

Get some rice or noodles cooking at the same time as this hasty tasty dish and dinner will be ready in a flash!

*Serves 4*

1 tablespoon canola oil  
250g extra trim pork loin steaks, lamb, beef, chicken, or tofu cut into strips  
6 spring onions, cut into 4cm lengths, green tops included  
1 red capsicum, seeds removed, cut into strips  
125g snow peas, stalk ends trimmed  
1 teaspoon dried coriander leaves  
1/4 teaspoon ground ginger  
2 teaspoons cornflour  
1 tablespoon salt-reduced soy sauce  
1/2 cup water  
1 teaspoon honey  
1/2 teaspoon sesame oil

1. Heat the oil in a wok or large frying pan and stir-fry the pork / lamb / beef / chicken / tofu over medium-high heat for two minutes. Remove from the pan and set aside.
2. Add the onion, spring onions and capsicum to the pan and stir-fry five minutes. Add the pork / lamb / beef / chicken / tofu, snow peas, coriander and ginger and continue stir-frying two minutes.
3. Place the cornflour in small bowl and mix to smooth paste with soy sauce. Stir in the water, honey and sesame oil. Add the mixture to the pan and bring to the boil. Cook, stirring for two minutes, adding a little extra water if necessary. Remove from the heat and serve at once.

### Cook's Tip - Lean pork

Lean pork needs only minutes to cook. Take care not to overcook so that it stays juicy, moist and tender.

### Ever popular stir-fries!

Stir-fried vegetables are an all round favourite. Vary the vegetables according to the seasons. Use capsicums and snow peas in summer and, in winter, go for broccoli and bok choy when they are at their best.

Stir-frying needs only a short cooking time, which helps retain the texture, flavour, colour and vitamins in the food. Children seem to enjoy the crisp texture of stir-fried vegetables.

**Acknowledgment:** *Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).*

## Tuna Quiche

This recipe is popular with children. It is worthwhile preparing a large quantity as this dish freezes well.

Base	Filling
2 cups cooked brown or white rice	2 X 180g tins tuna (preferably canned in water), drained
1 egg, beaten	4 eggs, beaten
1/2 onion, chopped finely	1 cup (100g) grated cheese
	1 medium onion, chopped finely
	1/4 cup chopped parsley

1. Pre-heat oven to 180°C. Prepare the base by combining the cooked rice, egg and onion. Press onto the base of a pie dish that has been brushed with a little oil.
2. Combine all the filling ingredients in a bowl and pour over prepared base.
3. Bake in pre-heated oven until lightly browned and cooked through, about 45 minutes.

## Zucchini and Corn Slice

1 cup sliced capsicum	1 cup self-raising flour
1 cup sliced celery	4 or 5 eggs
1 cup grated carrot	onions/shallots as desired
1 cup grated zucchini	1 cup chopped bacon
1 x 440g corn (creamed if preferred)	

1. Mix all ingredients together in a large bowl.
2. Put in a greased baking dish/tray.
3. Cook in a moderate oven (180°C) 40-50 minutes. Can be served hot or cold.

**Acknowledgment:** Caring for Children - Food, Nutrition and Fun Activities (NSW Health)



## Desserts and snacks

### Cherry Yoghurt Freezes

These are simply yummy, and make great snacks to cool you down on hot summer days. For a special dessert, serve them with wedges of chilled watermelon with a sauce of pureed strawberries and honey.

*Makes 10 - 12*

1/2 teaspoon oil or cooking spray

250g cherries, halved and pips removed (You can also try canned cherries, or other fruit like bananas or strawberries)

Yoghurt

4 tablespoons plum jam or plum and raspberry jam

extra cherries to garnish

1. Brush a muffin pan with the oil. Using a wooden spoon, combine the cherries, yoghurt and jam in a jug. Pour the mixture into the prepared muffin tray and freeze for at least four hours.
2. Remove from the freezer five minutes before required. Using a sharp knife, loosen the freezes around the edges, then flip them out of the tray.

#### **Cook's Tip - Kiddy Pops**

Instead of using muffin pans, freeze the mixture in small plastic tumblers and pop in icy pole sticks to use as handles.



## Custard Fruit Parfaits

Custard combines beautifully with bananas and fresh seasonal fruit to make a stunning dessert or snack. Serve in sturdy unbreakable glass or plastic tumblers for every occasions - this way you can see the layers of fruit and custard, which makes this dish even more appetising.

Serves 4

1 quantity creamy no stick custard OR  
600g pack prepared custard  
2 bananas, sliced  
1/2 punnet strawberries, sliced and/or stone fruit / kiwi fruit



Arrange the custard and fruit in layers in tumblers or glasses, ending with a layer of fruit.

Serve at once or chill in the refrigerator until needed.

### Cook's Tip – All cut up – with fruit.

A bowl of fresh fruit looks stunning. However, once you cut the fruit up, it not only looks stunning, but it is actually eaten - and with great enthusiasm too!

**Acknowledgment:** *Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).*

## Fruit Pikelets

Great for breakfast, as a snack or for dessert. Serve spread with a little margarine, honey, yoghurt or ice cream.

2 eggs	1 cup wholemeal or plain flour
1 tablespoon vegetable oil	1 1/2 cups self-raising flour
2 tablespoons caster sugar	1 small ripe banana
2 cups milk	1/2 cup sultanas



In a bowl, beat the eggs, sugar and oil with a fork. Add the milk and stir gently. Sift the flours and add to the bowl. Mash the banana and add to the bowl with the sultanas, then mix until combined.

Heat a frying pan with a little of the oil. Drop tablespoonfuls of the mixture into the pan.

Turn the pikelets over when bubbles appear on the surface. Cook until golden brown and serve hot or cold.

### Cook's Tip - Veggie Pikelets

Replace the sugar, banana and sultanas with 1/2 - 3/4 cup grated or finely chopped vegetables such as carrot, capsicums, celery, spinach or green peas.

**Acknowledgment:** *National Heart Foundation of Australia, Victorian Division.*

## Hot Fruit Triangles

(Kids can help to make them)

These sweet and spicy fruity treats make a great breakfast, lunch or after school snack.

*Serves 2*

1 teaspoon polyunsaturated or mono unsaturated margarine  
 4 slices bread  
 1 banana, sliced  
 1/2 cup fruit canned in natural juice, drained  
 1 teaspoon honey  
 Ground cinnamon



Using a pastry brush, brush the inside of a sandwich or jaffle maker with the margarine. Place two slices of bread in sandwich maker. Top with the banana and drained fruit.

Drizzle with the honey and dust with the cinnamon. Top with the remaining slices of bread. Close the sandwich maker and cook until golden brown, about two minutes. Cut each sandwich into four neat triangles and serve at once (but be careful of the hot filling and warn the kids).

### Cook's Tips – Go with the seasons

Experiment with any packaged fruit in natural juice – peaches, apricots, pears or apples with other fresh seasonal fruit such as fresh plums or berries.

### Hot or cold

Fruit triangles are delicious cold too. Serve as they are for a snack or, to make an eye catching sweet, serve dusted with a little pure icing sugar with fresh berries on the side.

### Fruity Treats – canned in juice

Snack packs of fruit canned in natural juice are a wonderful pantry stand-by. They make a delightful addition to lunchboxes and they are just the right size to add a fruity twist to dishes like this one. You can choose from – peaches, pears, apricots, fruit salad, two fruits, peach & pineapple, peach & mango, apple strawberry, apple blackcurrant, tropical fruit salad and tropical puree.

**Acknowledgment:** *Shop Well, Eat Well, Live Well program (Department of Human Services in association with the National Heart Foundation of Australia, Victorian Division).*

## Stewed Rhubarb

It's hard to go past good old stewed rhubarb! Its distinctive flavour - tart and sweet at the same time - makes it a beautiful topping for breakfast cereal. It can also be mixed with thick plain yoghurt or chilled *Creamy No Stick Custard* for a refreshing light dessert, or you can add other fruit to stew – such as apples or pears.

*Serves 4*

1 bunch rhubarb, trimmed and cut into 2 cm pieces (ensure all leaves are removed completely)

1/3 cup mild-flavoured honey

juice of 1 lemon


Place all the ingredients in a saucepan. Cover and bring to the boil. Reduce the heat and cook over a low - medium heat until the rhubarb is tender, 10 - 15 minutes.



## Sauces

### Carnival Capsicum Salsa

Zesty and colourful and so, so easy, this salsa is fabulous for spooning on top of piping hot thick soups, nachos, pasta and salads.



1 red capsicum, seeds removed, diced finely  
1 yellow or green capsicum, seeds removed, diced finely  
1 - 2 teaspoons sliced chillies, seeds removed (optional for children)  
2 spring onions, sliced finely, green tops included  
2 garlic cloves, chopped  
juice of 1 lemon or lime  
coarsely ground black pepper


1. Combine all the ingredients and serve as soon as possible.
2. If not serving at once, store in an airtight container in the refrigerator for one to two days.

**Acknowledgment:** *Australian Cancer Society's Eat! Enjoy! Lifetrack Cookbook*

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### Creamy No Stick Custard

This is a quick and easy custard that even the kids can make. Using a microwave oven to cook custard involves a less direct heat compared to the on-top-of-the-stove method, therefore the custard does not stick to the bowl it is cooked in. You can now enjoy custard without having to worry about a custard-encrusted saucepan lurking in your sink!



2 tablespoons custard powder  
1 tablespoons skim milk powder  
1 tablespoon sugar  
2 cups milk  
a few drops vanilla extract

1. Place the custard powder, skim milk powder and sugar in a microwave ovenproof bowl. Using a wooden spoon, mix to a smooth paste with 1/4 cup of the milk, then stir through the remaining milk.
2. Cook in a microwave oven on High for six minutes, removing from the oven every two minutes to stir thoroughly. Stir through the vanilla and serve hot or cold.

**Acknowledgment:** *Australian Cancer Society's Eat! Enjoy! Lifetrack Cookbook.*

