

Kids in the kitchen

Easy, tasty meals that
children can cook



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Acknowledgements:

Thanks to the pupils and staff from Pukeatua Primary School for their help in testing these recipes, and to the Garden to Table Trust for their input into the recipes. Garden to Table is a programme that teaches children to grow food, harvest, prepare and share. Visit their website www.gardentotable.org.nz

Encouraging kids to cook

‘Kids in the kitchen’ is a collection of fun recipes designed to get children interested in food and helping out with the measuring, grating, stirring, cutting, mixing, pouring, shaping, mashing and tasting.

Children gain knowledge and understanding of food by being involved in its preparation and cooking. They are much more likely to try new foods, even those that were previously unappealing, if they have been involved in the preparation.

All children have different food preferences but they all benefit from having these challenged from time to time. While some of the recipes in this book may not appeal to every child, we are certain almost all children will find several to enjoy and others that will challenge them.

You can start involving your children in cooking from as early as 18 months old. Begin with very basic tasks and then progress them onto more complicated jobs as their skills develop. A fantastic way to get kids involved is to give them food to taste during the cooking process and ask for their input on how to make improvements.



Getting started

Once you've picked a recipe, you can select an appropriate task for each child. Here is a general progression of tasks from very basic to more advanced:

- ▶ Washing vegetables and fruits
- ▶ Squashing dough between their fingers, progressing to kneading the dough
- ▶ Mixing or stirring liquids, batter and/or other cold ingredients in a bowl
- ▶ Mashing soft fruits and vegetables, make sure these are not too hot
- ▶ Cutting soft foods such as kiwifruit, bananas, avocado or mushrooms (use a butter knife)
- ▶ Sifting dry ingredients such as flour
- ▶ Breaking eggs
- ▶ Rolling out doughs and cutting shapes
- ▶ Flouring, egging and crumbing foods
- ▶ Measuring and weighing ingredients
- ▶ Peeling and grating vegetables or fruits

Depending on a child's confidence and skills, these tasks below are achievable from about five years of age with close adult supervision:

- ▶ Cutting with scissors and sharp knives
- ▶ Cooking foods such as eggs, pancakes or tortillas in a hot pan
- ▶ Stirring hot sauces and foods on the stove
- ▶ Operating electrical equipment such as a food processor, stick blender or even turning the stove on

Remember, cooking with children can be a messy and potentially frustrating process for parents. Make sure you're not in a hurry to get the meal on the table and that you're ready to be encouraging and patient.

Tips for a stress-free meal time

- ▶ Create family meal times – eat together and turn off the TV, computers and phones
- ▶ Feed your children when they are their hungriest – young children are often ready for dinner around 5 pm
- ▶ Create fun meal occasions – get your children to set the table with a table cloth and create a centrepiece with flowers from the garden
- ▶ Make sure children are seated and have the right cutlery
- ▶ Stay at the table until everyone has finished

Fussy children

- ▶ It is normal for toddlers and young children to go through a stage of refusing food. This is a part of growing up and gaining independence
- ▶ Don't assume refusal means they dislike the food. Children need time to get used to the taste, texture and smell of new foods
- ▶ Offer one new food at a time and allow them to become familiar with that food before moving on to something new
- ▶ It can take a child 10 times or more to accept a new food
- ▶ Be a good role model – fill your plate with vegetables and show that you enjoy them
- ▶ Restrict the choices you offer, e.g. 'Would you like milk or water?' not 'What would you like to drink?'



Healthy Heart Visual Food Guide

eat most

vegetables
& fruit

a variety of colours

eat some

bread, cereals, grains,
starchy vegetables

wholegrain & high-fibre

fish, meat, chicken,
legumes, eggs

lean & skinless

milk, yoghurt,
cheese

reduced fat

use some oils, nuts

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:



vegetables & fruit : a variety of colours



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

my step

bread, cereals, grains, starchy vegetables : wholegrain & high-fibre



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



or

Choose just one starchy or grainy food at a meal

my step

fish, meat, chicken, legumes, eggs : lean & skinless



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

my step

milk, yoghurt, cheese : reduced fat



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to reduced fat yoghurt

junk food & takeaways : cut back



Try homemade instead of bought takeaways



Downsize from a big plate to a smaller size



Swap from butter or ghee to oils or margarine

Choose a handful of nuts for a snack instead of potato chips

Swap a can of fizzy to water or milk

Swap from two scoops of ice cream to one scoop

Food labels

Taking a little bit of extra time to read food labels when you're shopping can have big pay-offs, but it can be hard to make sense of all those numbers. Here's a quick guide to what the numbers mean.

Nutritional Information		
Servings per package: 3		
Serving Size: 150g		
	Quantity per serving	Quantity per 100g
Energy	608kj	405kj
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
– Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
– Sugar	18.6g	12.4g
Sodium	90mg	60mg

Choose foods with less energy (kilojoules) if you need to lose weight

Choose foods lower in saturated fat. Eating unsaturated instead of saturated fats reduces risk of heart disease

Sodium is the harmful part of salt. When too much is eaten it can raise blood pressure

Shows how much of the nutrient is in one serving. The serving size is determined by the manufacturer

Use the 'per 100g' column to compare foods

Sugar can occur naturally in food or be added. The problem with added sugar is that it adds energy (kilojoules) but not nutrients

We recommend comparing the food labels on products and choosing foods that are:

- ▶ Higher in fibre
- ▶ Lower in saturated fat
- ▶ Lower in sodium
- ▶ Lower in sugar

If you are watching your weight, look for foods that contain less energy (calories/kilojoules).

Ingredients you'll need

Kids in the Kitchen recipes are made using these ingredients below. If you don't have the exact ingredient you need, try substituting it with a similar ingredient. If an ingredient seems too expensive, then replace it with one that is cheaper, or leave it out.

Oil
Olive oil
Vinegar
Tomato paste,
reduced-salt
Curry powder
Paprika
Dried mixed herbs
Black pepper
Ginger, ground
Cumin, ground
Fennel, dried

Mustard
Soy sauce, reduced-salt
Coconut cream
Coconut water
Vanilla essence

Baking powder
Baking soda
Brown sugar
White sugar
Honey
Wholemeal flour
White flour
Cornflour
Cocoa powder
Gelatin
Breadcrumbs
Water crackers
Rolled oats
Cornflakes
Brown rice

Baked beans
Chilli beans
Whole kernel corn,
canned, fresh or frozen
Tomatoes, canned

Nuts
Ground almonds
Sunflower seeds
Ground linseed
Peanut butter
Currants
Dried apricots
Dates
Raisins
Desiccated coconut

Lemons
Oranges
Bananas
Fruit, canned in juice
Apples
Berries, fresh or frozen
Kiwifruit
Rock melon

Onion
Garlic

Carrot
Potato
Leeks
Broccoli
Cauliflower
Beans
Mushrooms
Peppers
Courgettes

Tomatoes
Silverbeet/spinach
Lettuce
Avocado
Peas, frozen

Parsley
Mint
Coriander
Dill
Oregano
Sage

Eggs
Milk, reduced-fat
Yoghurt, reduced-fat
Mayonnaise, reduced-fat
Edam cheese
Hummus
Gherkins
Pita bread

Chicken thighs
Smoked fish
Salmon, canned
Fish
Trim pork mince
Beef, lean
Ham

Ice block sticks



Breakfast is the most important meal of the day

- ▶ Choose a breakfast that has a good source of fibre and carbohydrates
- ▶ Encourage children to eat wholegrain breakfast cereals and breads to help sustain energy levels throughout the day
- ▶ Read labels on breakfast cereals and aim for under 10g per 100g of sugar, but if the cereal contains added fruit you can go a little higher
- ▶ Fruit and reduced-fat yoghurt are perfect for breakfast on the run
- ▶ For children who don't like cereal and toast, try breakfast smoothies
- ▶ Eggs are good at any time of the day, scrambled, poached or boiled
- ▶ Try different styles of wholemeal bread – work your way up to wholegrain varieties
- ▶ Offer savoury spreads such as hummus, cheese or avocado
- ▶ Try fruit toast with cottage cheese or ricotta
- ▶ For children that need more energy, try baked beans, creamed corn, or avocado on toast





Muesli Makes 10 serves

Ingredients

3 cups rolled oats

*1 cup nuts/seeds,
roughly chopped*

*2/3 cup dried fruits,
roughly chopped*

*1/3 cup optional extras,
such as ground linseed,
buckwheat groats,
desiccated coconut,
and sesame seeds*

Method

1. Mix all ingredients together
2. Store in an airtight container
3. Serve with reduced-fat milk, reduced-fat yoghurt and fruit

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1306kJ	3.5g	34.6g	5.3g	67mg

The **muesli** can be used in the following dishes:

Bircher muesli

Method

1. Place half a cup of muesli (recipe on page 11) per person into a bowl
2. Add half a cup of grated apple or pear per person
3. Add half a cup of reduced-fat milk or fruit juice
4. Stir and leave to soak overnight
5. Serve with fresh apple slices or berries



Muesli porridge

Method

1. Place half a cup of muesli (recipe on page 11) per person into a pot
2. Then add 1 cup of reduced-fat milk per person and cook gently until thick
3. Serve with fresh or canned fruit in juice, reduced-fat milk or reduced-fat yoghurt

Crumble serves 8 children

Ingredients

1 cup muesli,
recipe on page 11
 1/3 cup wholemeal flour
 3 Tbsp vegetable oil
 2 Tbsp brown sugar
 4 apples, peeled and
 sliced

Method

1. Heat oven to 180°C
2. Mix together muesli, flour, oil and sugar
3. Put the apple slices into a pot with a little water and cook over a medium heat for 5 minutes until tender
4. Place the stewed fruit in an oven proof dish and sprinkle over the muesli mix
5. Bake in oven for 15-20 minutes until browned and crisp
6. Serve with strained yoghurt, see instructions below

Strained yoghurt

1. Line a sieve with clean paper towels
2. Place the sieve over a bowl and add 1 cup natural reduced-fat yoghurt
3. Cover yoghurt and refrigerate overnight to allow the whey to drain into the bowl. The longer you leave it draining, the thicker the yoghurt becomes

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
6212kJ	1g	21.2g	4.6g	15.3mg



Baked eggs Serves 4 children

Method

1. Heat oven to 180°C
2. Fill a roasting dish or high-sided baking dish with boiling water deep enough to come half way up the small bowls or cups that you have chosen to bake your eggs in
3. Divide all the ingredients, except the eggs, across four bowls
4. Then crack an egg on top of the ingredients in each bowl
5. Gently place bowls in the hot water and bake in the oven for approximately 15 minutes or until the eggs are just set
6. Carefully lift the bowls out of the hot water to serve

For recipes see pages 15-16

Cheese sauce recipe for baked eggs serves 4

Ingredients

½ cup reduced-fat milk

1 tsp cornflour

2 tsp water

*¼ cup Edam cheese,
grated*

Method

1. Heat milk in saucepan until just below boiling point
2. In a small bowl, wet the cornflour with a little water
3. Slowly mix cornflour mixture into hot milk, stirring constantly until thickened
4. Stir in grated cheese

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
303kJ	2.9g	2.7g	0.1g	134mg

The **baked eggs** can be used in the following dishes:



Mushroom baked eggs

Serves 4

Ingredients

2 cups mushrooms, sliced

2 Tbsp vegetable oil

½ cup cheese sauce, recipe on page 14

4 eggs

Method

1. Heat a frying pan over low heat
2. Add mushrooms and vegetable oil
3. Cook slowly until mushrooms have softened
4. Prepare the cheese sauce
5. Follow instructions for baked eggs on page 14

Smoked fish baked eggs

Serves 4

Ingredients

2 cups leek, chopped

2 Tbsp vegetable oil

120g smoked fish

4 eggs

Method

1. Heat a frying pan over low heat
2. Add chopped leeks and oil
3. Cook slowly until leeks are soft
4. Follow instructions for baked eggs on page 14



Ham and spinach baked eggs

Serves 4



Ingredients

1 bunch of spinach or 200g frozen spinach

½ cup cheese sauce, recipe on page 14

⅓ cup ham, diced

4 eggs

Method

1. Place the spinach in a saucepan with a little water
2. Cook over a high heat until the spinach has wilted
3. Drain the spinach and hold under cold running water until cool
4. Squeeze out excess water and chop finely, or if using frozen spinach just thaw and chop
5. Prepare the cheese sauce
6. Follow instructions for baked eggs on page 14

Baked eggs and beans

Serves 4

Ingredients

1 can baked beans or chilli beans

4 Tbsp Edam cheese, grated

4 eggs

Method

1. Follow the instruction for baked eggs on page 14
2. Sprinkle with cheese before baking the eggs



Banana berry pikelets Makes 20

Ingredients

2 large bananas, mashed
 3 medium eggs
 2 Tbsp vegetable oil
 2 cups berries, fresh
 or frozen

Method

1. Mix together the mashed banana with the eggs
2. Heat a large non-stick frying pan and add the oil
3. Place tablespoon amounts of mixture into the frying pan
4. Cook the pikelets until browned on each side
5. Place frozen or fresh berries into a saucepan, cover with a lid
6. Heat slowly over a low heat for 3-5 minutes or until the berries are cooked and most of the liquid has evaporated. Serve with pikelets

Per serve (four pikelets):

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
703kJ	2.3g	18.7g	1g	60mg



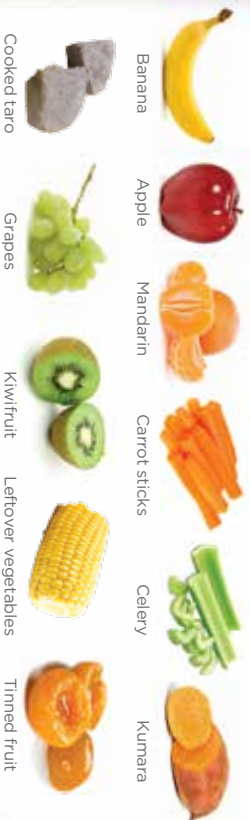
LOADING UP THE LUNCHBOX

Ngā Kai tika o te tina

Children need a variety of healthy food to learn and grow.

Try to choose foods from each of the four groups below, every day.

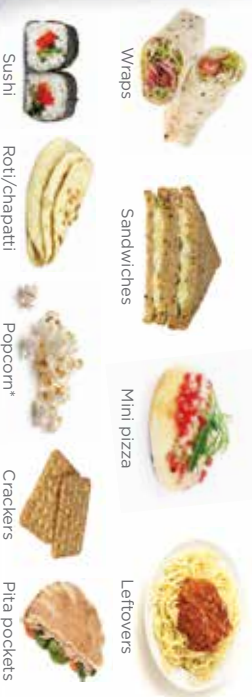
Vegetables and fruit



Milk and milk products



Breads and cereals (wholemeal/wholegrain)



Lean meat and meat alternatives



Water

*Popcorn is not recommended for children under 3 years and nuts are not recommended for children under 5 years. Check with your ECE service or school if there are any allergy restrictions.

Loading up the lunchbox

- ▶ Involve your children in lunchbox choices and preparation
- ▶ Be a role model – prepare your own healthy lunch at the same time
- ▶ Vary the shape of sandwiches using a biscuit cutter
- ▶ Avoid soggy sandwiches – keep bread and fillings separate so your child can create their own at school
- ▶ Try different types of breads, e.g. wraps, muffin splits, rewana, pita, fruit bread
- ▶ Cut large seasonal fruit and vegetables into smaller pieces and include a savoury dip, e.g. hummus, pesto, tomato salsa
- ▶ Use leftovers
- ▶ Prepare lunchbox items in bulk and store in the freezer until you need them
- ▶ Freeze a drink bottle for the lunchbox to keep the food cold and safe

Ideas from the four food groups

- ▶ **Fruit and vegetables:** apples, bananas, fruit salad, canned fruit in juice, grapes, strawberries, pineapple, dried fruit, carrots, tomatoes, peas in the pod, salad fillings in sandwiches, vegetable soup, celery, cucumber, stuffed kumara or potato
- ▶ **Breads and cereals:** sandwiches, leftover chop suey, pasta/rice dish, sushi, roti, scone, fruit bread, couscous, plain popcorn*
- ▶ **Milk and milk products:** cheese, yoghurt, cottage cheese as a filling for sandwiches/toastie, small cartons of milk or smoothies
- ▶ **Meat and alternatives:** lean meats, canned tuna, boiled eggs, baked beans, chickpea/lentil curry, hummus, nuts*

* To reduce the risk of choking, do not give popcorn to children under the age of three and do not give small, hard foods such as whole nuts and large seeds until children are at least five years old. Parents of children with nut allergies should select an alternative choice.

Tortillas **Makes 25**

Ingredients

3 cups wholemeal flour

3 cups white flour

2 tsp baking powder

½ cup vegetable oil

2 cups water

Method

1. Mix all the ingredients together and knead until smooth, it takes about 5 minutes
2. Wrap in cling film and let it rest for 30 minutes to 1 hour
3. Divide the dough into 25 portions
4. On a well-floured bench, use a rolling pin to roll the dough into 25cm round discs about the size of a small dinner plate
5. Cook in a dry frying pan over medium heat
6. When the tortillas blister in the pan turn them over and cook for approximately 30 seconds longer depending on the temperature. They should be soft and only slightly browned in places
7. When cooked, stack on top of each other and cover with a damp, clean cloth
8. Use them fresh or freeze

Tips

The tortilla dough can be frozen if you don't want to cook the full mixture

The mixture can also easily be halved

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
576kJ	0.5g	19.6g	2g	32mg

The **Tortillas** can be used in the following dishes:

Chicken, capsicum and avocado burrito **Serves 4**

Ingredients

280g chicken thigh, skinless, sliced

1 tsp paprika

1 tsp ground cumin

2 tsp vegetable oil

1½ Tbsp lemon juice

1 medium capsicum, sliced

½ cup reduced-fat yoghurt, unsweetened

4 tortilla wraps, recipe page 20

2 cups salad leaves

1 avocado, sliced

Method

1. Marinate the chicken with paprika, cumin, oil and lemon juice in the fridge for 2 hours or overnight
2. Heat a large heavy-based frying pan over high heat
3. Add marinated chicken and sliced capsicum, stirring often until chicken is cooked through and capsicum softened
4. Spread yoghurt over the tortilla wraps
5. Place salad leaves onto the yoghurt
6. Top with avocado slices, warm chicken and capsicum mix
7. Roll up and serve

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
1611kJ	3.6g	30g	7.7g	91mg



Tortilla chips

Method

1. Heat oven to 160°C
2. Cut leftover tortillas into triangles
3. Lightly toss the cut tortillas in a small amount of vegetable oil and a squeeze of lemon or lime juice
4. Spread out on a baking tray so they don't overlap
5. Bake for approximately 10 minutes or until crunchy and slightly browned

As a meal

Try them as nachos with guacamole (avocado mashed with lemon juice), a can of chilli beans mixed with frozen or fresh corn, and a tomato salsa (diced tomato, olive oil, lemon juice)

As a snack

Serve by themselves or with dips such as hummus, pesto, tzatziki (a mixture of thick unsweetened reduced-fat yoghurt, lemon juice, garlic and grated cucumber) or any other accompaniment your children would normally have with crackers





Banana and peanut butter wrap

Method

1. Spread a tortilla (recipe on page 20) with peanut butter
2. Add a peeled banana and roll up
3. Slice into bite size pieces

Tip

Great as an easy snack or lunchbox filler

Method

1. Tortillas make really good crunchy pizza bases. Simply spread with salt-reduced tomato paste
2. Sprinkle with a couple of table-spoons of grated cheese
3. Add the toppings of your choice, see below for suggested toppings
4. Bake at 200°C for approximately 10 minutes or until the toppings are beginning to brown and the base is crunchy
5. Garnish with shredded fresh herbs such as basil, parsley, oregano or thyme

Suggested toppings

Sliced tomatoes, diced capsicum, roasted chicken, pineapple pieces, scrambled egg, chilli beans, leftover cooked vegetables

Tortilla pizza



Tip

Let your kids select their own ingredients to put on top

Pork hot dogs Serves 4 adults or 8 children

Ingredients

350g trim pork mince
1 clove garlic, crushed
1 egg
1 Tbsp lemon juice
1 medium carrot, grated
6 dried dates, finely chopped
½ cup dry breadcrumbs
1 Tbsp fresh oregano or sage, chopped
1 tsp ground cumin
1 tsp ground coriander
8 ice block sticks

Method

1. Heat the oven to 200°C
2. Mix together all of the food ingredients in a large bowl and knead until slightly sticky
3. Divide into approximately 8 portions
4. Use your hands to shape the mixture into sausage shapes
5. Insert an ice block stick into one end of each sausage
6. Heat a non-stick frying pan and brown the outside of each hot dog, all the way around
7. Once browned, place on a baking tray and cook in oven for approximately 10 minutes or until cooked through
8. Serve with hummus and steamed beans dressed with lemon juice and dukkah (mixture of toasted ground nuts, seeds and spices)

Per serve:

ENERGY

974kJ

SAT FAT

3.1g

CARBS

17.1g

FIBRE

1.6g

SODIUM

225mg

DINNER





Fish burgers serves 4

Ingredients

200g fish fillets

1 medium courgette
or carrot, grated

1½ Tbsp parsley,
chopped

1 Tbsp lemon juice

1 tsp curry powder

1 egg

¼ cup dry breadcrumbs

1 Tbsp vegetable oil

4 pita bread

Lettuce leaves

1 tomato, sliced

Method

1. Finely chop or blend fish fillets in a food processor until they are finely chopped but not a smooth paste
2. Add the courgette or carrot, parsley, lemon juice, curry powder, egg and breadcrumbs, and mix thoroughly
3. Shape into burger patties
4. Heat a frying pan with oil and cook the patties until brown on each side
5. Serve in warm pita bread with lettuce, tomato and tartare sauce, see recipes on page 28

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
460kJ	1g	5.2g	0.5g	106mg

Mini hash browns with emerald sauce Serves 4

Ingredients

2 medium potatoes,
grated

$\frac{1}{3}$ cup fresh coriander,
finely chopped

$\frac{1}{3}$ cup fresh parsley,
finely chopped

2 Tbsp olive oil

2 Tbsp lemon juice

1 clove garlic, crushed

$\frac{1}{2}$ tsp ground cumin

Method

1. Heat oven to 200°C
2. Squeeze out excess liquid from the grated potato
3. Press grated potato firmly into a greased mini muffin tray, or use a standard muffin tray and press in until $\frac{1}{3}$ full
4. Bake in oven for approximately 45 minutes or until tops are lightly browned
5. Prepare the sauce by mixing the remaining ingredients together or blend for a smoother sauce
6. Serve hash browns and emerald sauce with roast meat and some lightly roasted cherry tomatoes and steamed greens

Per serve:

ENERGY

1537kJ

SAT FAT

4.2g

CARBS

22.8g

FIBRE

3.1g

SODIUM

71mg



Chicken nuggets or fish fingers



Method

1. Use about 100g of fish or chicken per child
2. Cut into small pieces or strips
3. Heat oven to 200°C
4. Coat fish or chicken in wholemeal flour. Dip into beaten egg
5. Press lightly into dry breadcrumbs, crushed cornflakes or crushed water crackers
7. Place on a baking tray and lightly drizzle with oil or oil spray
8. Bake for about 10-15 minutes or until crispy and cooked through
9. Serve with a dipping sauce, recipes on page 28

Tip

Add finely chopped fresh or dried herbs, lemon zest and/or spices to the crumb

Minted pea puree

Method

1. Cook $\frac{1}{2}$ a cup of minted peas, or peas with chopped fresh mint added at the end of cooking, for 2-3 minutes in boiling water
2. Drain and mash or blend with a squeeze of lemon juice or white vinegar



Tomato sauce

Ingredients

- 1 medium onion, finely diced*
- 2 cloves garlic, crushed*
- 2 Tbsp vegetable oil*
- 2 x 400g cans chopped tomatoes*
- 1 medium apple, peeled and diced*
- ¼ cup white vinegar*

Method

1. Sauté onion and garlic in oil
2. Add the remaining ingredients and simmer gently until reduced by approximately half
3. Mash or blend for a smoother sauce
4. Store in clean jars or airtight containers and keep refrigerated
5. Serve cold



Tip

You can also add mustard seeds, ground cloves, pepper, Worcester sauce or chilli

Tartare sauce

Ingredients

- ½ cup unsweetened, reduced-fat yoghurt*
- 2 Tbsp reduced-fat mayonnaise*
- 3 Tbsp gherkins, finely diced*
- 1 Tbsp lemon juice*

Method

1. Mix all ingredients together
2. Keep refrigerated

Tip

You can also add mustard, chopped parsley and capers

Salmon and potato cakes

Serves 4 adults or 8 children

Ingredients

300g potatoes

100g canned salmon,
drained

1 egg

¼ cup dry breadcrumbs

1 spring onion, finely
chopped*

1½ gherkins, finely
diced*

1 tsp lemon zest*

½ Tbsp mustard*

2 Tbsp fresh herbs,
dill or parsley, finely
chopped*

2 Tbsp oil

* Optional ingredients

Method

1. Peel and boil potatoes until a fork comes out easily when inserted
2. Mash the potatoes and allow to cool
3. Add remaining ingredients except oil
4. Form into round patties
5. Heat a large frying pan with oil and brown the patties on each side
6. Serve warm with seasonal salad or refrigerate for later use

Alternatives

You can replace the salmon with canned tuna, flaked smoked fish, cooked and chopped chicken or other cooked meats, canned/cooked beans or small amounts of ham or bacon

Per serve:

ENERGY

473kJ

SAT FAT

1g

CARBS

14.6g

FIBRE

1g

SODIUM

224mg





Cauliflower croquettes

Serves 4 adults or 8 children

Ingredients

*¼ cup currants**

¼ head of cauliflower

½ medium onion, finely chopped

1 Tbsp vegetable oil

*2 Tbsp toasted nuts, roughly chopped**

1 egg

⅓ cup dry breadcrumbs

1 cup Edam cheese, grated

*1 Tbsp herbs, finely chopped or 1 tsp dried herbs**

*½ Tbsp dried, ground spices such as paprika, pepper, fennel or cumin**

* Optional ingredients

Method

1. Soak the currants in water for 30 minutes
2. Cut the cauliflower into florets and boil until tender, drain
3. Heat a large pot and gently cook the onions with the oil until soft
4. Add the cauliflower, drained currants and chopped nuts
5. Continue to cook while mashing the mixture with a fork or potato masher until it is a pulpy texture. Remove from heat and allow to cool
6. Heat oven to 220°C
7. Once cauliflower mixture is cool, add remaining ingredients and mix thoroughly
8. Roll into egg shapes and place on baking tray and bake for approximately 15 minutes or until golden brown
9. Serve with steamed or raw seasonal vegetables

Per serve:

ENERGY

582kJ

SAT FAT

3.2g

CARBS

8.9g

FIBRE

1.4g

SODIUM

144mg

Omelette spring roll

Serves 4 adults or 8 children

Ingredients

4 eggs

2 tsp cornflour

4 tsp water

½ cup cooked brown rice

½ cup cooked vegetables, such as carrots, peas or broccoli, finely diced

2 Tbsp peanuts, roasted and chopped

1 Tbsp fresh coriander, chopped

½ spring onion, chopped

1 Tbsp salt-reduced soy sauce

½ avocado, sliced

Method

1. Beat the eggs with the cornflour and water
2. Lightly grease a large non-stick frying pan over a low heat
3. Pour approximately ¼ cup of this batter into the pan and swirl around to cover the bottom so it's as thin as possible
4. Allow the omelette to cook through then lift out onto a plate
5. Continue this process with remaining batter
6. Mix cooked brown rice, chopped vegetables, nuts, coriander, spring onions and soy sauce
7. Place a spoonful of rice mixture in middle of each omelette along with a piece of avocado
8. Fold sides in and roll up to form spring rolls
9. Keep refrigerated

Per serve:

ENERGY

736kJ

SAT FAT

2.4g

CARBS

10.1g

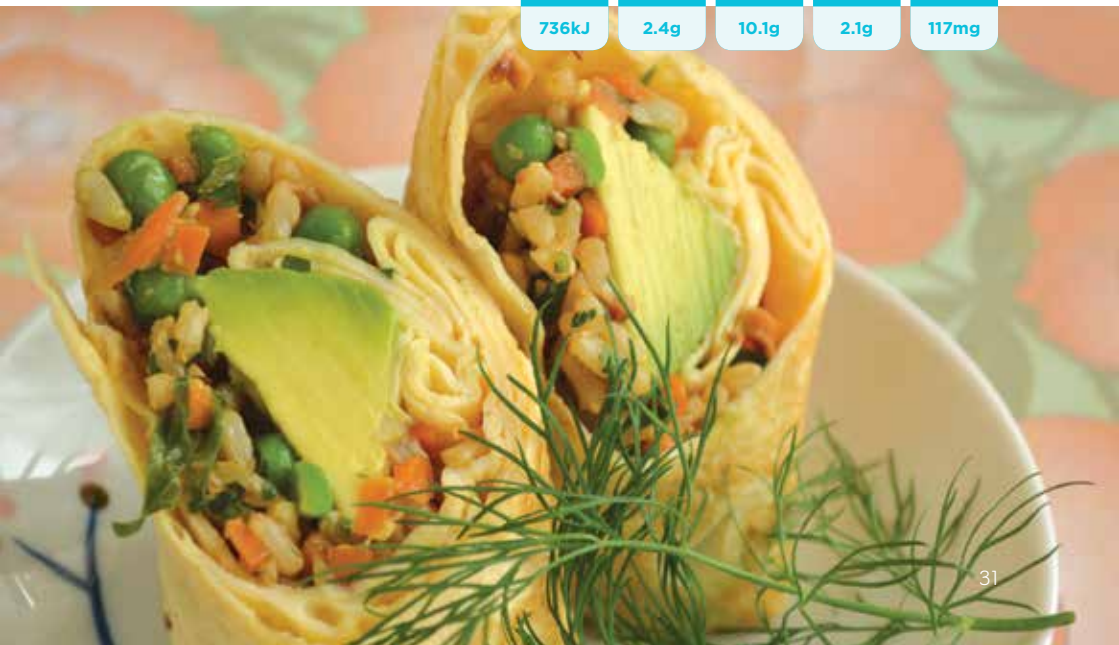
FIBRE

2.1g

SODIUM

117mg

DINNER





Banana and chocolate 'ice cream' Serves 4

Ingredients

4 bananas, sliced and frozen

1¼ Tbsp cocoa

Method

1. In batches, blend frozen bananas with the cocoa in a food processor until smooth
2. Transfer to a sealed container and keep in the freezer until ready for serving

Tips

The ice cream will harden if kept in the freezer too long, it is best made as close to serving time as possible

Make sure the bananas are frozen solid before starting to make this

You can also add any other frozen fruit you have, but make sure about $\frac{2}{3}$ - $\frac{3}{4}$ of the fruit is banana

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
417kJ	1g	20g	1.9g	48mg

Rainbow Cups Serves 4

Ingredients

½ cup blackberries
1 kiwifruit, sliced
1 banana, sliced
½ rock melon
¼ cup raspberries
½ cup reduced-fat yoghurt

Method

1. Layer the blackberries in the bottom of a glass or a jar. Top with the sliced kiwifruit, banana and rockmelon
2. Finish with the raspberries and serve with a dollop of yoghurt

Tips

Let the kids choose the fruit and create their own rainbow, using whatever fruit you have available

Substitute fresh fruit with frozen or canned

Per serve:

ENERGY

603kJ

SAT FAT

1g

CARBS

28g

FIBRE

4.1g

SODIUM

24mg

DESSERT



Coconut jelly with berry sauce

Serves 10

Ingredients

Coconut jelly

900ml coconut water

100ml coconut cream

55g sugar

30g gelatin

100g unsweetened,
reduced-fat yoghurt

Berry sauce

500g fresh or frozen
berries

25g honey

Method

Coconut jelly

1. In a saucepan heat the coconut water, coconut cream, sugar and gelatin until hot and the sugar and gelatin have dissolved
2. Let this mixture cool to room temperature
3. Whisk in the yoghurt
4. If possible, whisk the mixture in a bowl set over ice cubes until cold to prevent the mixture from separating when it sets
5. Pour into serving glasses and refrigerate until set

Berry sauce

1. Place berries and honey into a pot with a lid
2. Heat gently over a low heat for 3-5 minutes until the berries are cooked
3. Allow to cool
4. Pour berry sauce over the jelly to serve

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
560kJ	1.3g	16.4g	2g	62mg





Banana nuggets Makes 12

Ingredients

*1 large ripe banana,
mashed*

¾ cup rolled oats

½ cup ground almonds

*¼ cup raisins or dried
fruit, chopped*

1 tsp honey

1 Tbsp vegetable oil

Method

1. Heat oven to 175°C
2. Mix all ingredients together
3. Divide into approximately 12 portions and flatten slightly on a greased baking tray
4. Bake for approximately 15-20 minutes or until lightly browned
5. Allow to cool
6. Keep in a sealed container for up to five days

Per serve:

ENERGY

347kJ

SAT FAT

0.5g

CARBS

8.9g

FIBRE

1.2g

SODIUM

7mg



Almond and oat shapes serves 12

Ingredients

- ½ cup ground almonds*
- ¼ cup wholemeal flour*
- ¼ cup rolled oats*
- 3 Tbsp olive oil*
- ¼ cup water*

Method

1. Heat oven to 180°C
2. Mix all ingredients together to form a slightly sticky dough
3. On a floured bench, roll the dough out to approximately 3–5mm thick
4. Cut into desired shapes
5. Place on a baking sheet and bake for approximately 10–15 minutes or until crisp and lightly browned

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
318kJ	0.5g	5.6g	0.5g	38mg

Strawberry and carrot shortcake

Serves 12

Ingredients

1 medium carrot, peeled and diced

1 egg

1½ Tbsp honey

½ tsp vanilla essence

½ cup ground almonds

¼ tsp ground ginger

½ tsp baking soda

2 Tbsp olive oil

1 cup strawberries or fruit, fresh or canned

1 cup reduced-fat Greek yoghurt

Method

1. Heat oven to 160°C
2. Boil the carrots until soft. Drain and puree carrots with a stick blender or mouli grater, or mash with a fork
3. Beat the eggs, honey and vanilla with a whisk until the mixture turns into a thick foam
4. Sift the dry ingredients then gently fold them into the olive oil, pureed carrots and egg mixture
5. Pour this batter into a lined slice tin approximately 20cm x 25cm
6. Bake for 20–25 minutes or until lightly browned on top and set
7. Trim the fruit and slice thinly
8. Place a dollop of yoghurt on each slice of cake and top with sliced fruit

Per serve:

ENERGY

415kJ

SAT FAT

0.9g

CARBS

7.6g

FIBRE

1g

SODIUM

72mg





Chocolate truffles Makes 12

Ingredients

¼ cup nuts, chopped

¼ cup dried apricots, chopped

¼ cup dried dates, chopped

¼ cup orange juice

½ tsp orange zest

⅔ cup rolled oats

¼ cup sunflower seeds

1½ Tbsp cocoa powder

Method

1. Place all ingredients into a food processor and blend until it forms a slightly sticky ball
2. Roll dessertspoons of mixture into balls
3. Keep refrigerated

Tips

If your dates are quite hard, soak them in the orange juice to soften

This recipe is very flexible; any dried fruit, nuts and seeds will work but remember to keep the quantities consistent with the recipe. The juice can be substituted for water and the cocoa and zest can be omitted

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
255kJ	0.6g	6.2g	1.1g	9mg

Tutti frutti smoothie Serves 2

Ingredients

1 banana, peeled

½ cup fruit or berries, chopped

½ cup liquid, see smoothie tips below

Method

1. Blend or process ingredients using a food processor, blender or stick blender until smooth
2. Serve in tall glass

Tips

Use any liquid, such as reduced-fat milk, almond milk, rice milk, soy milk, or coconut water

Use any fruit that you have available; some particularly good smoothie fruits are apricots, plums, berries, feijoas, melons, peaches and pears

To make the smoothie thicker, freeze the chopped up fruit and bananas before blending

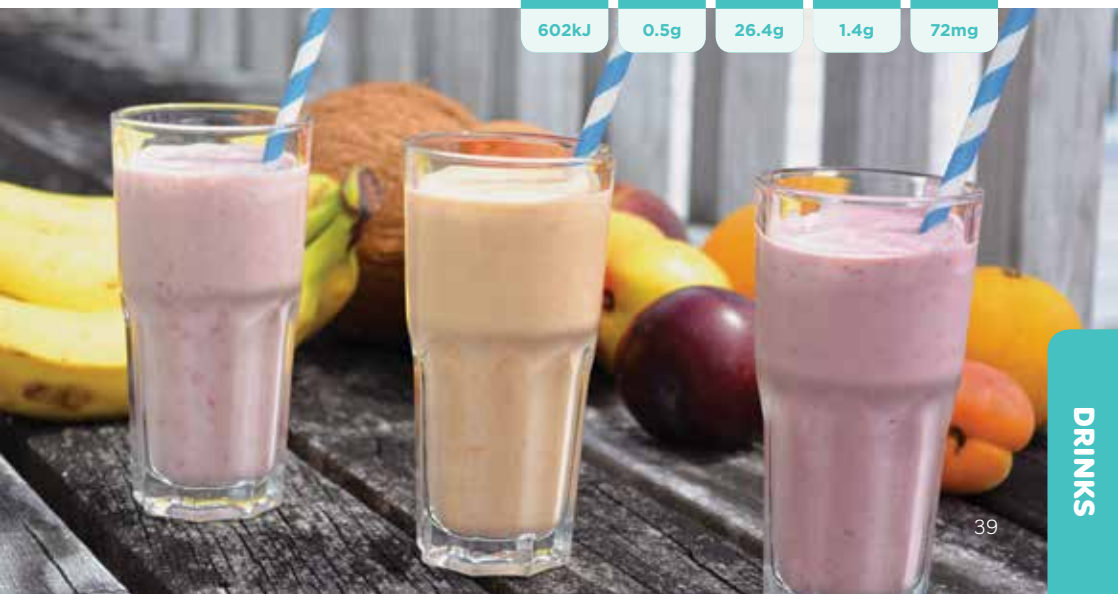
If fresh fruit isn't available, use stewed or canned fruit instead

For a bit more flavor, add a pinch of cinnamon, a teaspoon of honey, some fresh mint or ¼ of a cup unsweetened, reduced-fat yoghurt

Pour into ice block molds and freeze

Per serve:

ENERGY	SAT FAT	CARBS	FIBRE	SODIUM
602kJ	0.5g	26.4g	1.4g	72mg



Avonana smoothie serves 2



Ingredients

1½ small avocados

1 banana

*½ cup liquid, see smoothie tips
on page 39*

1 tsp honey

Method

1. Blend or process ingredients using a food processor, blender or stick blender until smooth

Slime smoothie serves 2

Ingredients

½ cup spinach leaves

¾ cup fruit, chopped

1 tsp honey

*½ cup liquid, see smoothie tips
on page 39*

Method

1. Blend or process ingredients using a food processor, blender or stick blender until smooth



Brain freeze Serves 2



Ingredients

1½ cups frozen fruit

½ cup cold still or soda water

Method

1. Blend or process ingredients using a food processor, blender or stick blender until smooth

Tips

Make sure the fruit is frozen solid and the liquids are as cold as possible before you start blending

Have a selection of chopped up fruit in the freezer for when the slushie urge arises. Your kids then create their own combinations – they'll love it

All fruits work well but some exceptional ones are watermelon, kiwifruit, berries, feijoas, pears and oranges

Fruity cubes

Method

Makes water more fun for kids

1. Put the berries and diced fruit in ice cube trays
2. Add water and freeze
3. Drop a couple into a glass of still or soda water – enjoy



Is your school involved?

Heart Foundation programmes that support better food choice and physical activity in schools and early childhood education (ECE) services:

Heart Start: Toitō Manawa

The Heart Foundation's Heart Start* programme is designed to help build healthier school learning environments through the promotion of healthy eating and physical activity. Heart Start is supported by a large number of tools and resources that are all available to schools at no cost.

Healthy Heart Award: Tohu Manawa Ora – Kōhungahunga

The Healthy Heart Award recognises an ECE service's achievement in creating an environment that promotes healthy eating and physical activity.

Jump Rope For Heart: Taura Peke mo te Manawa Ora

Jump Rope For Heart is a free physical activity fundraising programme available to all primary and intermediate schools throughout New Zealand. By participating in Jump Rope For Heart as a sponsored fundraiser, your school can support the Heart Foundation while getting active and having loads of fun.

Fuelled4life

Fuelled4life is a free practical tool that helps schools and ECE services get a head start in providing healthier foods. It aims to make it easier for young people to access healthier food and beverages.

www.fuelled4life.org.nz : www.facebook.com/fuelled4life

Food for Thought



The Heart Foundation works in conjunction with Foodstuff's Food for Thought Trust to jointly deliver their Food For Thought programme. This is a free nutrition education programme that assists Year 5 and 6 primary school students make healthier food and lifestyle choices.

*HEART START is a trademark of Laerdal Medical A.S., and is used under license

Get your child's school or ECE service signed up today at learnbyheart.org.nz and follow our programmes on Facebook.

Weights and measures

Abbreviations

Tbsp	tablespoon
tsp	teaspoon
°C	degrees Celsius
g	grams
mg	milligrams
L	litre

Kitchen measures

1 Tbsp	= 15 ml
1 tsp	= 5 ml
3 tsp	= 1 Tbsp (NZ)
1 cup	= 250 ml
½ cup	= 125ml
4 cups	= 1 litre



Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*. Bacteria multiply very fast in warm, moist conditions. Luckily these illnesses are avoidable by following some simple food handling tips. Clean, cook and chill www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill will help you keep your friends and family safe from foodborne illness that causes upset tummies.

Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose low-fat milk
4. Replace butter with margarines and healthy oils
5. Reduce salt; check sodium on food labels

Find more great healthy recipes:
heartfoundation.org.nz/recipes
heartfoundation.org.nz/freecookbooks



At the Heart Foundation, we are determined to defeat New Zealand's biggest killer – heart disease. But we can't do it alone. We rely heavily on the support of everyday New Zealanders to help us fund research, produce materials and carry out programmes that enable Kiwis to learn about heart disease and make crucial lifestyle changes.

We want every New Zealander to live a long, healthy lifetime and enjoy precious moments with their loved ones.

To make a donation, please go to
www.heartfoundation.org.nz/donate
or contact us at:

Heart Foundation, PO Box 17160, Greenlane, Auckland 1546

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