



## Recipes

## Recipes

The following Kids in the Kitchen recipes are from the *Go for 2 and 5*® website under the Kids Only pages. For additional *Go for 2 and 5*® recipes and information log on to [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

<b>Carrot and walnut muffins</b> ( <i>medium</i> )	97
<b>Kebabs</b> ( <i>easy</i> )	98
<b>Easy vegie slice</b> ( <i>medium</i> )	99
<b>Strawberry surprise</b> ( <i>easy</i> )	100
<b>Corn on the cob</b> ( <i>easy</i> )	101
<b>Universal stir fry</b> ( <i>hard</i> )	102
<b>Peach pancakes</b> ( <i>medium</i> )	103
<b>Chunky chips</b> ( <i>easy</i> )	104
<b>Apple scroll</b> ( <i>hard</i> )	105
<b>Frittata</b> ( <i>medium</i> )	106

Other healthy recipe ideas can be accessed online via the following links:

**The Great Australian Bite Cookbook**

[old.decd.sa.gov.au/eatwellsa/files/links/Great\\_SA\\_Bite\\_Cookboo\\_2\\_1.pdf](http://old.decd.sa.gov.au/eatwellsa/files/links/Great_SA_Bite_Cookboo_2_1.pdf)

**National Heart Foundation website**

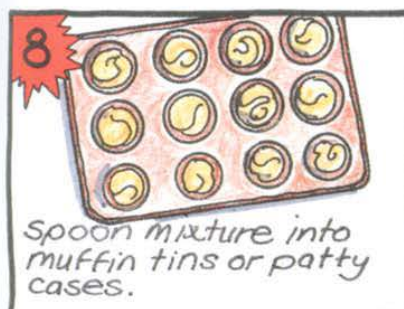
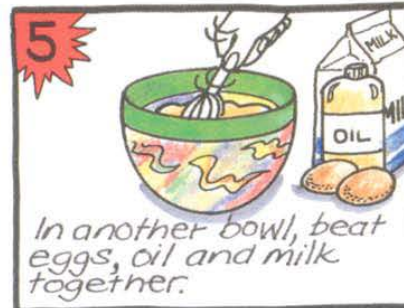
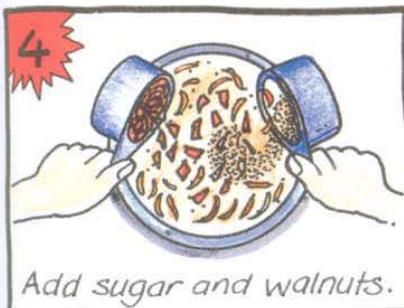
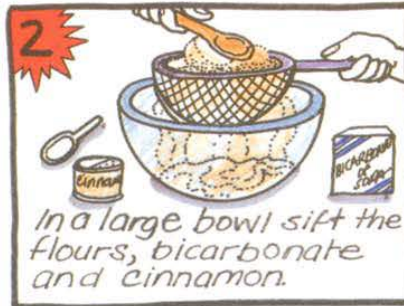
[www.heartfoundation.org.au/recipes/Pages/default.aspx](http://www.heartfoundation.org.au/recipes/Pages/default.aspx)







# Carrot & Walnut Muffins



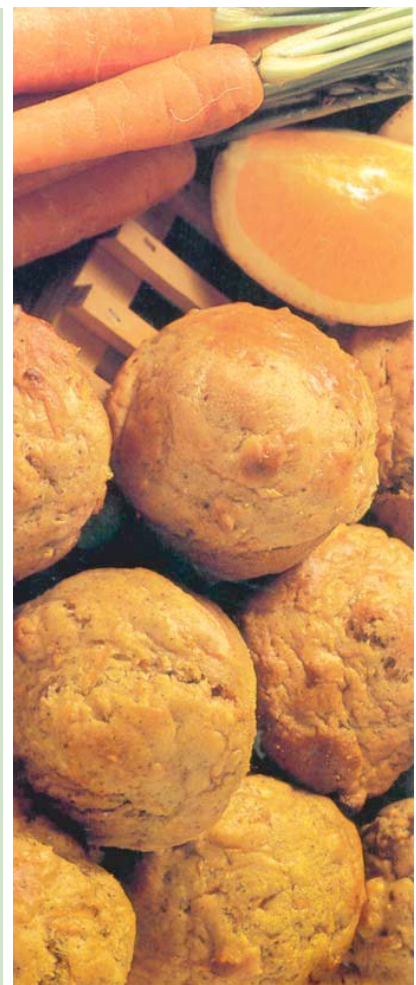
These muffins are a delicious snack you can eat piping hot from the oven, or cold in lunch boxes or after school. Makes 12 muffins.

## Ingredients

- 1 cup white SR flour
- 1 cup wholemeal SR flour
- ½ teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 2 carrots
- ½ cup brown sugar
- ½ cup chopped walnuts
- 2 eggs
- 2 tablespoons oil
- 1 cup low-fat milk

## Utensils

- Muffin tray or 12 paper patty cases
- Large and small mixing bowls
- Wooden spoon
- Measuring cups and spoons
- Whisk or fork
- Metal spoon
- Non-stick cooking spray







# Kebabs

Kebabs can be eaten straight off the BBQ or grill, with a tossed salad. They are great for a Sunday lunch or quick dinner during the week. Kebabs make great lunch box food - eat them hot or cold wrapped in pita bread with shredded lettuce (don't forget to pull out the stick before you eat them). Makes 10 kebabs.

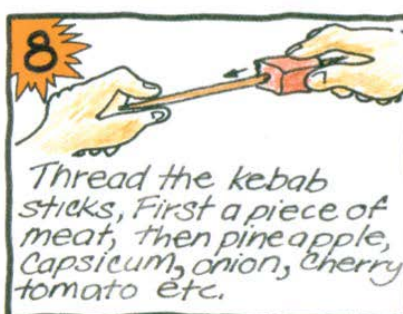
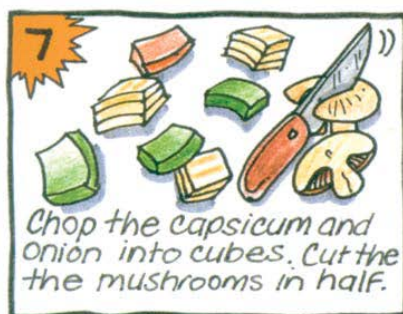
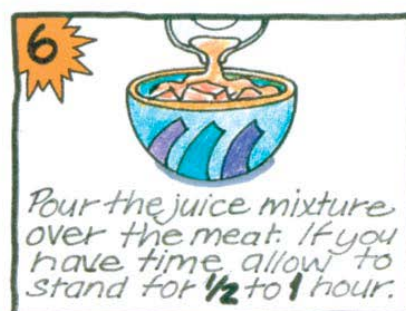
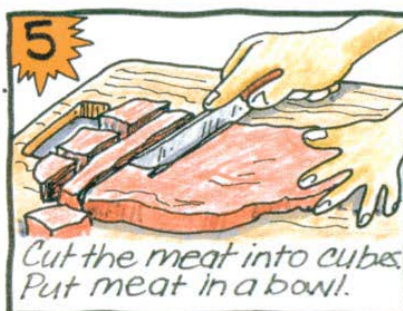
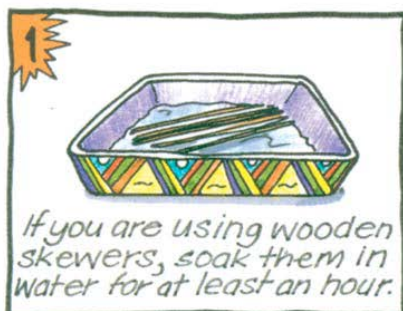
## Ingredients

440 g can of unsweetened pineapple pieces  
2 tablespoons salt-reduced soy sauce  
1 clove garlic, crushed

1 teaspoon grated ginger  
500 g beef, steak or other meat such as pork, lamb or chicken  
1 green capsicum  
1 onion  
½ punnet cherry tomatoes  
10 mushrooms

## Utensils

10 wooden or steel skewers  
Shallow dish  
Mixing bowls  
Strainer  
Chopping board and knife  
Measuring spoons  
Grill or BBQ  
Can opener







# Easy Vegie Slice

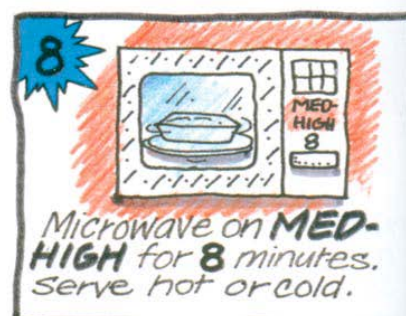
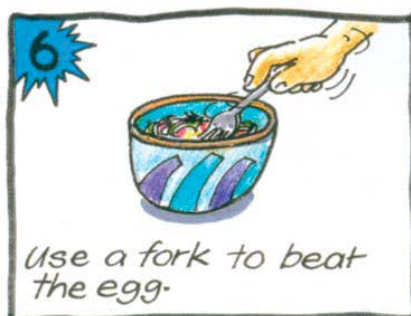
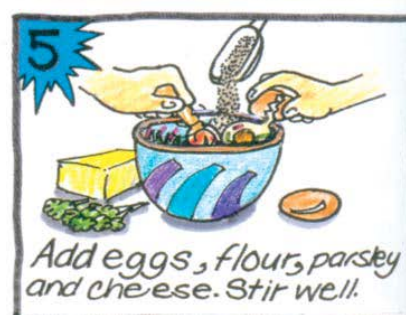
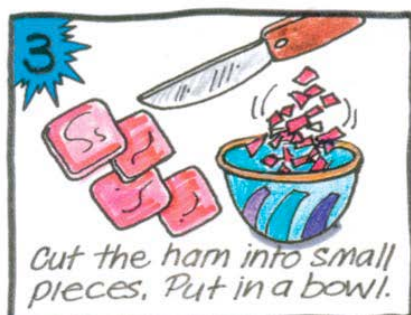
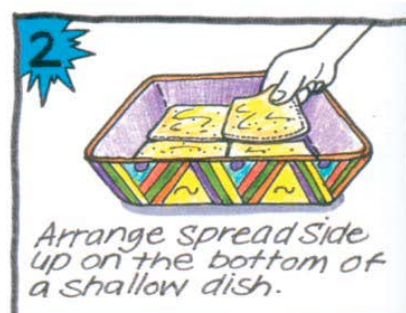
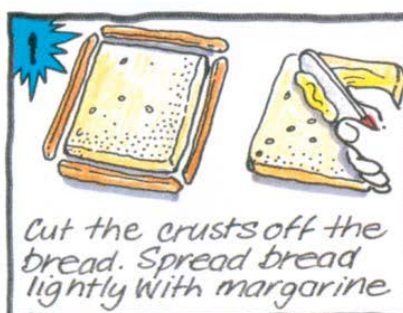
Makes 4 serves.

## Ingredients

4 slices wholemeal bread  
1 tablespoon polyunsaturated margarine  
4 slices lean ham  
1 small onion  
1 small zucchini  
1 tablespoon SR flour  
2 teaspoons finely chopped parsley  
2 eggs  
½ cup grated fat-reduced cheese

## Utensils

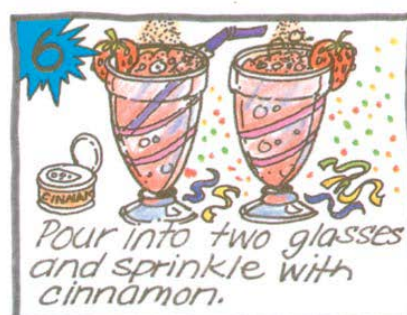
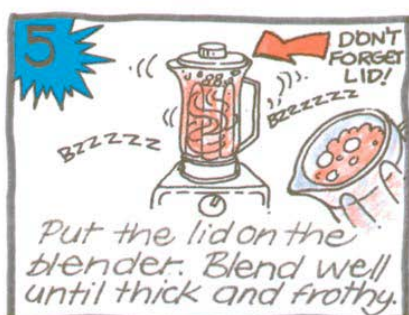
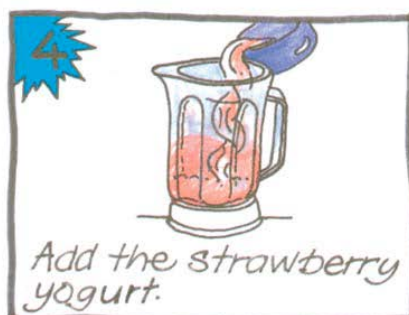
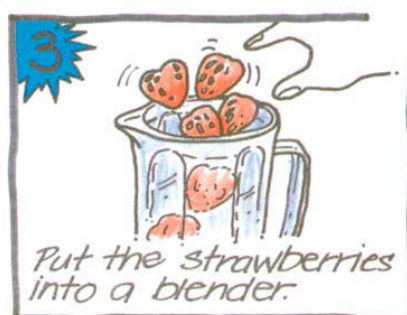
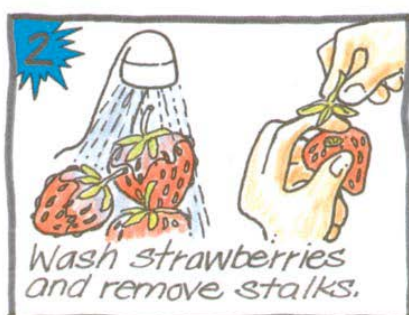
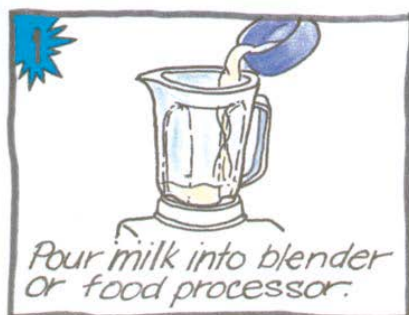
Chopping board and knife  
23 cm round or square microwave-proof dish  
Cup  
Fork  
Grater  
Mixing bowl  
Microwave oven  
Measuring cups and spoons







# Strawberry Surprise



This drink is so thick and frothy it could be eaten as a dessert or snack. Choose very red strawberries for the best flavour. You could also try making different flavoured surprises by using fruits such as peaches, apricots, bananas or pineapple or flavoured yogurts. You should drink your 'surprise' straight away. Makes 1 cup.

## Ingredients

$\frac{3}{4}$  cup low-fat milk  
 $\frac{1}{2}$  cup low-fat strawberry yogurt  
 $\frac{1}{2}$  punnet strawberries  
Pinch of cinnamon

## Utensils

Chopping board and knife  
Measuring cups  
Blender or food processor  
Glasses to serve





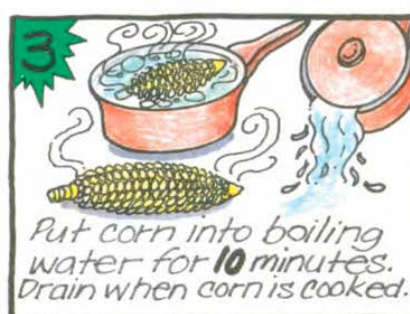
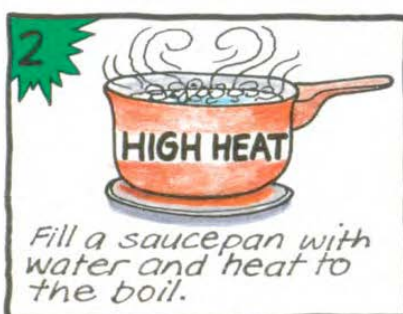
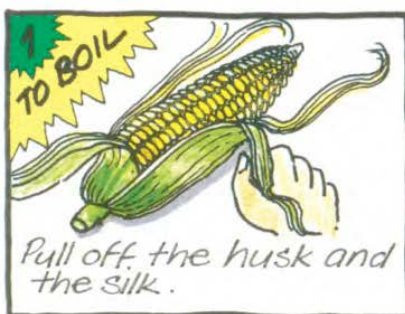
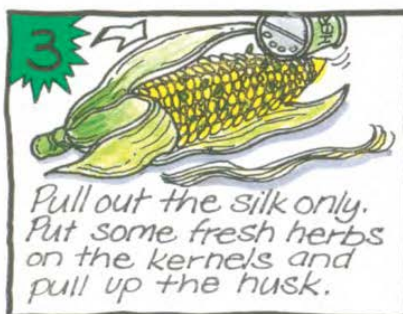


# Corn on the Cob

Sweet corn is almost everyone's favourite. Here are three different ways to cook corn on the cob. Happy munching!

## Ingredients

1 cob of corn





# Universal Stir Fry



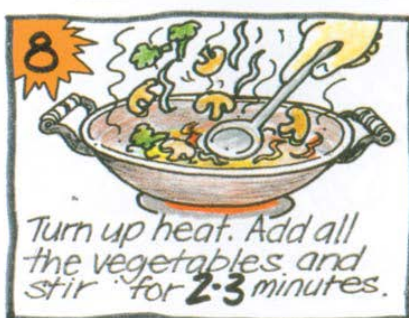
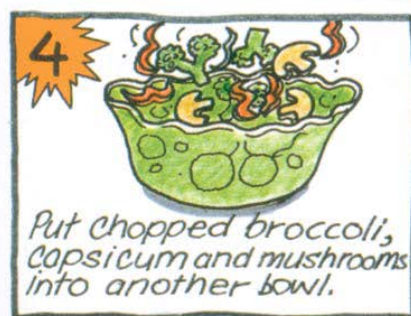
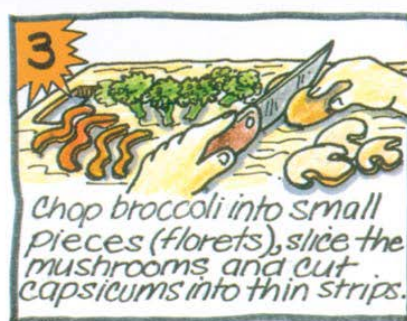
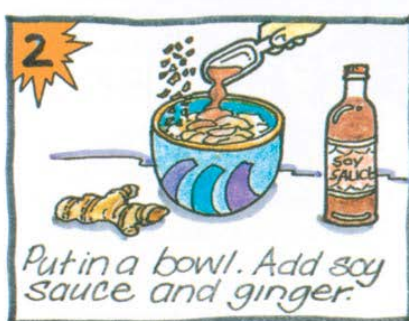
Colourful and crunchy, these vegetables can be served with any meat or fish. This recipe uses chicken. Makes 4 serves.

## Utensils

Chopping board and knife  
Wok or larger frypan  
Measuring cups and spoons  
Mixing Bowls  
Cup

## Ingredients

500 g chicken breast  
1 tablespoon soy sauce  
1 tablespoon fresh ginger, grated or crushed  
1 bunch broccoli  
1 cup fresh mushrooms  
1 red capsicum  
1 teaspoon cornflour  
½ cup of water  
1 tablespoon oil (optional)







# Peach Pancakes

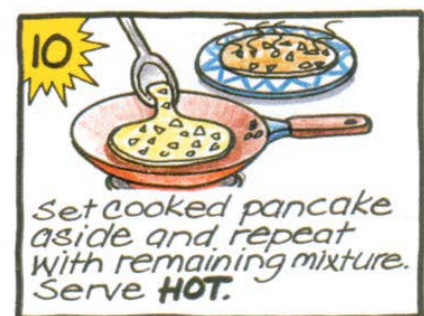
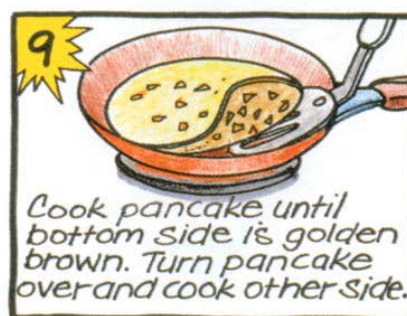
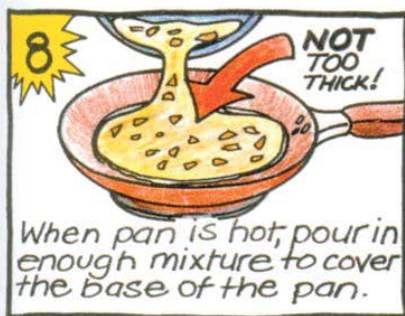
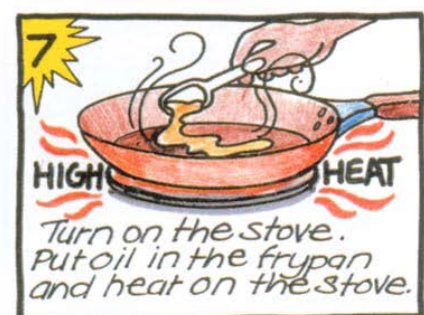
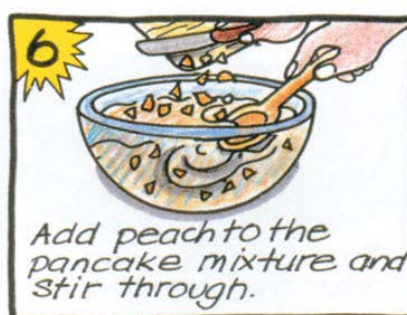
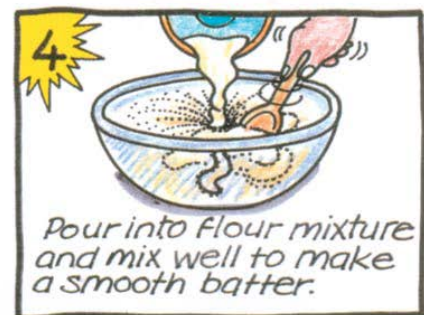
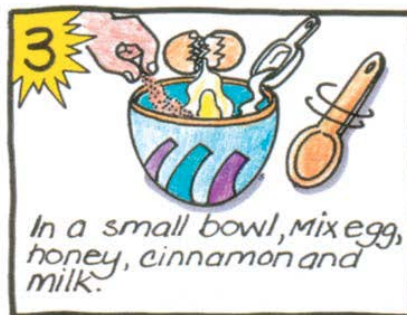
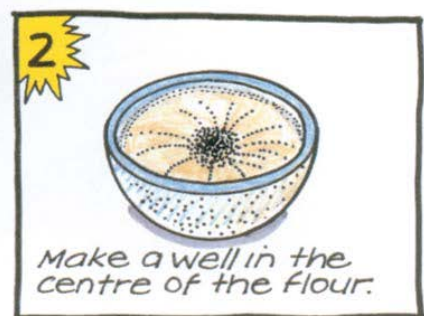
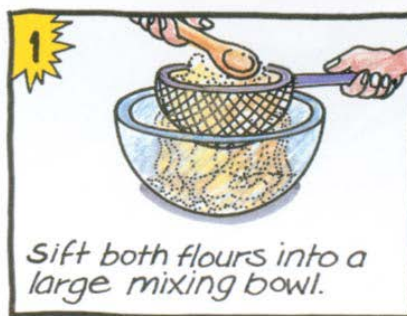
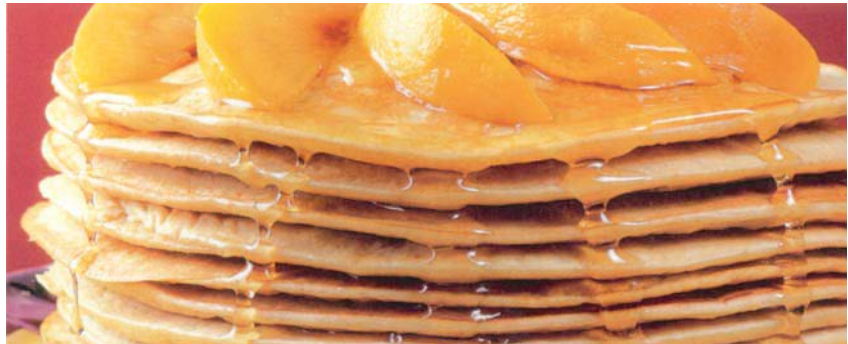
These pancakes are delicious served hot or cold. It is easy to change the flavour of the pancake by using a different fruit - apple, strawberry, pear, nectarine. Pick a fruit that is in season or use unsweetened canned fruit. Makes 2 pancakes.

## Ingredients

3 tablespoons plain flour  
4 tablespoons plain wholemeal flour  
1 egg  
1 tablespoon runny honey  
Pinch of ground cinnamon  
½ cup low-fat milk  
1 large peach  
1 teaspoon polyunsaturated oil

## Utensils

Measuring spoons  
Small mixing bowl  
Sifter  
Egg whisker or fork  
Mixing spoon  
Chopping board and knife  
Non-stick frypan  
Pastry brush  
Spatula  
Paper towels







# Chunky Chips

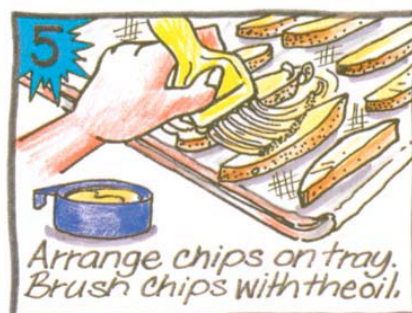
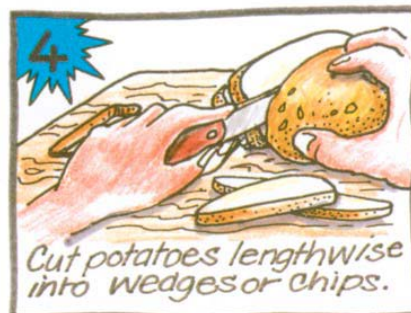
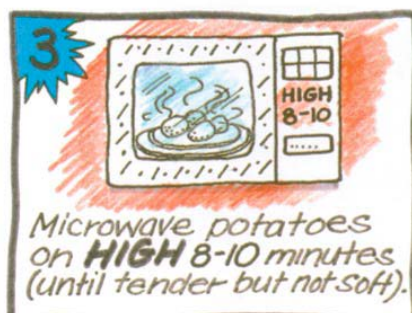
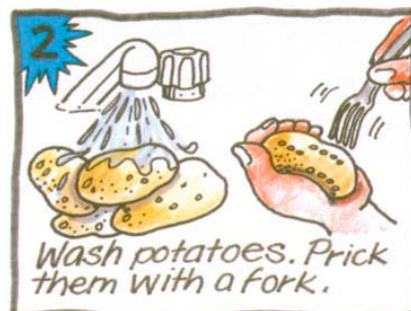
Make your own hot chips just the way you like them. Cut them into thin strips, fat wedges or round circles. Make them spicy like this recipe or leave out the spices and dip chips into tomato sauce. Makes 4 serves.

## Ingredients

4 medium - large potatoes  
1 teaspoon vegetable oil  
¼ teaspoon ground chilli  
½ teaspoon paprika  
½ teaspoon garlic granules

## Utensils

Fork  
Chopping board and knife  
Oven tray  
Aluminium foil  
Non-stick cooking spray  
Measuring spoons





# Apple Scroll



These apple scrolls make a delicious after school or weekend snack, or serve hot with custard as a special dessert.

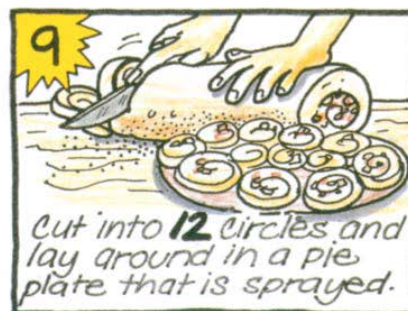
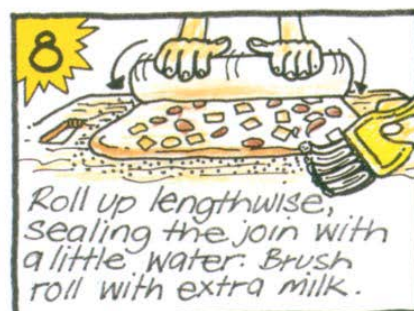
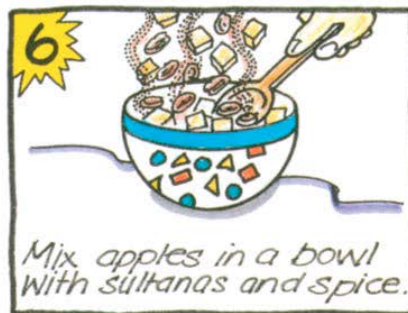
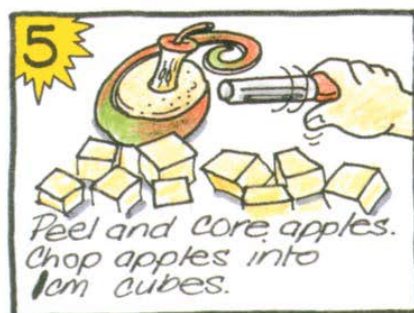
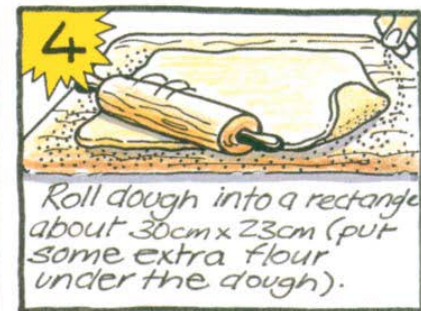
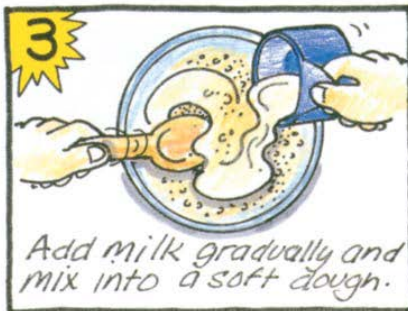
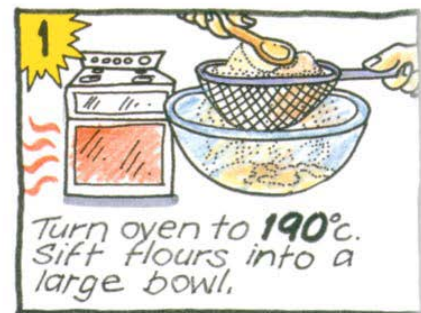
For a variation, use chopped nuts and orange peel instead of sultanas, or sprinkle with chopped almonds or walnuts. Makes 12 scrolls.

## Ingredients

1½ cups wholemeal SR flour  
1½ cups white SR flour  
45 g margarine  
1 cup low-fat milk  
2 large apples  
1 cup sultanas  
2 teaspoons mixed spice  
1 tablespoon extra milk  
1 teaspoon sugar

## Utensils

Sifter  
1 large mixing bowl  
1 medium mixing bowl  
Wooden spoon  
Measuring cups and spoons  
Rolling pin  
Chopping board and knife  
25 cm pie dish, round cake tin or oven tray  
Non-stick cooking spray







# Frittata

This recipe makes a yummy hot breakfast or can be part of a lunch or dinner meal. It is a great way for you to use up leftover vegetables such as potato, onion, tomato, peas, broccoli, capsicum, pumpkin. If you don't have leftovers simply chop some of your favourite

vegetables into small pieces and steam or microwave them first. Makes 4-5 serves.

## Ingredients

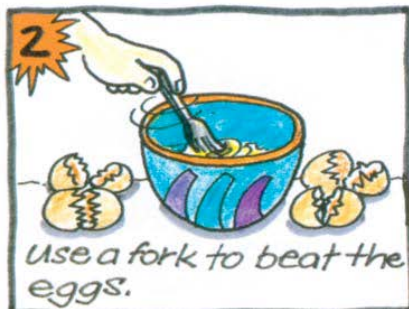
4 eggs  
1 tablespoon margarine  
2 cups cooked vegetables

## Utensils

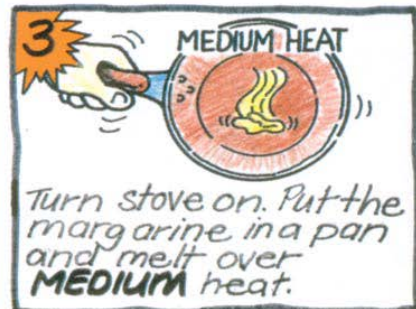
Small mixing bowl  
Large frypan  
Fork  
Spatula  
Measuring cups and spoons



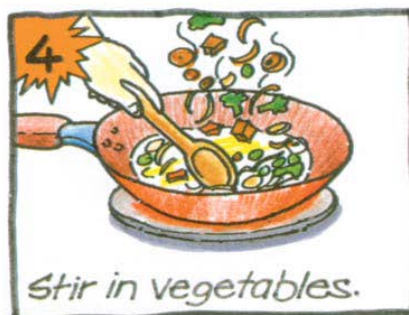
1  
Chop vegetables into small pieces.



2  
Use a fork to beat the eggs.



3  
Turn stove on. Put the margarine in a pan and melt over **MEDIUM** heat.



4  
Stir in vegetables.



5  
Add the beaten eggs. Turn down the heat.



6  
Cook gently over low heat until the egg mixture is firm.



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