



BOWEN ROAD
PRIMARY SCHOOL

Bowen Road Healthy Families' *Cook Book*

A collection of healthy, cheap and child friendly recipes and lunch box ideas from the staff and families of Bowen Road Primary School.





This cook book has been designed to help make healthy eating easier.

Thank you to the staff and families who made this collection of recipes possible. What a wonderful resource you have helped to create.

Happy cooking everyone!

Lunch box ideas



The food that goes into your child's lunchbox can make up to a third of their daily nutrient intake.

It is important that your child's lunch contains 2 pieces of fruit or vegetables for optimum growth, learning and development.

Does your lunchbox include?



Vegetables



Bread & Cereal



Fruit



Dairy



Water



Meat or Meat
Alternative

Keep food safe by using an insulated lunchbox and frozen ice brick or drink.



It is the parents' role to offer healthy food and it is the child's role to decide how much they will eat.

Ham and Salad Wraps, Rolls or Sandwiches



Ingredients:

Ham, tomato, lettuce, cheese, grated carrot, hard boiled egg

Hummus, cream cheese or mayonnaise

What to do:

Spread hummus, cream cheese or mayonnaise onto an open wrap, roll or piece of bread

Place ham, cheese, tomato, lettuce and grated carrot on top. (You can use any salad items that your child will eat.)

Rolls, sandwiches and wraps are a great way of ensuring your child is getting the carbohydrates they need to supply their body with the energy to get through their school day. If it is filled with salad, they are also getting essential vitamins and minerals.

Easy Dips

Hummus

Hummus is delicious served with carrot, celery and cheese sticks, bread, crackers, corn chips, spread on rolls, sandwiches and wraps.

Ingredients:

400g can of chickpeas drained

2 medium cloves of garlic, peeled (or a teaspoon of crushed garlic from a jar)

2 tablespoons of lemon juice

2 tablespoons oil

2 tablespoons tahini (sesame seed paste—found in supermarkets)

What to do:

1. Place all ingredients into a food processor or blender on high speed until the ingredients are combined.

Avocado dip

Ingredients:

1 large ripe avocado

125g packaged cream cheese

1 tablespoon lemon juice

1 tablespoon mayonnaise

Salt and pepper

What to do:

1. Cut avocado in half and remove the stone.
2. Scoop out the flesh and mash well.
3. Add the softened cheese and mayonnaise.
4. Add lemon juice, salt and pepper and mix well.



Slices

Zucchini Slice

Ingredients:

- 1 large zucchini
- 2 carrots
- 1 cup of grated cheese
- 1/2 cup of olive oil
- 1 cup of SR flour
- 4 eggs

What to do:

1. Grate the zucchini, carrots and cheese into a large mixing bowl.
2. Add the oil, eggs and flour and mix it all together.
3. Pour it into a baking tray or lasagne dish and cook for approximately 30 minutes at 180 degrees or until cooked.



Muesli balls

Ingredients:

- 2 1/2 cups of nut free toasted muesli
- 1 cup of pitted prunes
- 1/4 cup of honey
- 1/4 tsp mixed spice
- 50g of melted butter

What to do:

1. Process 2 cups muesli, prunes, honey, mixed spice and butter in a food processor until well combined.
2. Place remaining muesli on a plate. Roll the mixture into balls, then roll in remaining muesli to coat. Place on a baking tray lined with baking paper. Refrigerate for 30 minutes or until firm.

Ham and Cheese Quiches

Ingredients:

2 sheets of frozen pastry (puff or short-crust)

4 eggs

1/2 cup of milk

100g ham diced

1/2 cup of grated cheese



What to do:

1. Once pastry has thawed a little on the bench, use a glass and cut out 20-24 circles from the pastry.
2. Place the circles into a greased muffin tray.
3. Place a little bit of the cut up ham and grated cheese into each pastry cup.
4. Break the eggs into a jug and mix in the milk with a fork.
5. Pour the egg and milk mixture evenly between the little quiches.
6. Bake in an 180 degree oven for 15 minutes.

Ham and Cheese muffins

Ingredients:

1 egg

2 cups of grated cheese

1 cup of SR flour

1/2 cup of milk

4 slices of ham diced

1 small onion chopped



What to do:

1. Whisk egg and milk together.
2. Stir in cheese, ham, onion and dry ingredients. Mix well.
3. Spoon into small greased muffin pans. Bake at 190C for 10-15 minutes.

Maximise taste and minimise spending by buying fruit and vegetables in season.



Fruit and vegetables make cheap and easy lunch box fillers and afternoon tea snacks.

Have you tried flavoured water?

Instead of giving your child juice and soft drink, why not try flavouring water with fruit?

Add a few pieces of cut up lemon, lime or orange to still or sparkling water.



Try adding strawberry and mint, or kiwi and blueberry to still or sparkling water.



Switch to a healthier alternative



Noelene's Eggless Fruit and Nut Loaf

My mother in law used to make 2 mixtures to take with her when she went fruit picking for 3 weeks. It was wrapped in a tea towel and placed into a large tin—it was still moist right up until the last day! PS. There was no butter in those days, she used dripping!

Ingredients:

- 1/2 cup chopped dates
- 1/2 cup sultanas
- 1/2 cup walnuts
- 1 teaspoon bicarb soda
- 1 teaspoon mixed spice
- 1 tablespoon butter
- 1/2 cup sugar
- 1 cup boiling water
- 2 cups plain flour



What to do:

1. Place dates, sultanas, walnuts and bicarb of soda in a bowl and pour over the boiling water.
2. Add butter and sugar and stir until dissolved.
3. Blend in spice and sifted flour and mix well.
4. Place in a loaf tin lined with baking paper and bake in a moderate oven for 1 hour.
5. Slice and spread with butter.

This is a moist loaf which keeps well. I use mini loaf tins baked at 30 minutes—Noelene.

Zucchini and Sweet Corn Fritters

Ingredients:

- 1 1/2 cups wholemeal Self Raising flour
- 1 cup milk
- 2 eggs lightly whisked
- 1 x 420g can of sweet corn kernels (drained and rinsed)
- 1 cup grated cheese
- 1 large zucchini grated
- 2 tablespoons of olive oil

What to do:

1. Sift flour into a large bowl. Using a fork, whisk milk and eggs together in a jug until combined. Pour over flour and stir until smooth.
2. Add sweetcorn, cheese and zucchini. Stir until well combined.
3. Add enough oil to a large non-stick fry pan to cover the base. Heat over medium heat until hot. Using 1/4 cup of mixture per fritter, spoon mixture into the pan. Cook for 3-4 minutes each side or until golden and firm to touch in the centre.

Great as an afterschool snack or lunch box item. Fritters can be frozen so you always have them on hand!



Harriet's Apple and Raspberry Pikelets

These pikelets are delicious hot or cold and can be a great addition to a lunch box or a warm breakfast on those chilly mornings!

Ingredients:

200g self raising flour
1 tablespoon brown sugar
1 egg
1 cup of milk
1 apple grated
1 cup of frozen raspberries
butter for frying



What to do:

1. Put the flour in a large bowl and stir through the brown sugar.
2. In a separate bowl, combine the egg and milk and stir through the dry ingredients until smooth.
3. Add the grated apple and raspberries and stir until combined.
4. Pre-heat a non-stick frying pan to medium. Lightly grease with butter.
5. Dollop heaped dessert spoonfuls into the pan and fry for approximately 90 seconds on each side or until golden brown.
6. Serve with natural yoghurt and fresh berries.



Rice Salad



Ingredients:

Rice (ready made in a packet to be heated)

Frozen peas and corn

Cherry tomatoes

Curry powder optional

What to do:

1. Heat packet of rice in the microwave following instructions on the packet.
2. Once warm, stir through the frozen peas and corn (they will defrost). Add curry powder if you want to.
3. Once cool, chop up some cherry tomatoes and stir through the rice.

You can add a tin of 4 bean mix or tuna to the rice to add protein.

Pasta Salad

Ingredients:

Pasta (which ever style you like best—shells, spirals, penne etc)

Mayonnaise

Frozen peas and corn

Large tin of tuna

What to do:

1. Bring a pot of water to the boil on the stove.
2. Add half a bag of pasta and cook for 15 minutes.
3. Drain pasta using a colander and rinse under some warm water.
4. Stir through frozen peas and corn and the tuna.
5. Add enough mayonnaise to coat the pasta.
6. Serve warm or cold. Keep leftovers refrigerated.



FOR SNACK ATTACKS

- Cheese sticks
- Sultanas and apricots
- Small tub of fruit in 100% natural juice
- Small tub of reduced fat yoghurt



- Wholemeal fruit scone
- Half a corn on the cob
- Wholemeal pikelet
- Popcorn (for older children)
- Celery stick filled with ricotta cheese and dotted with chopped dates



- Wholemeal crispbread and cheese

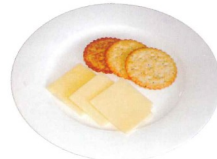


- Fruit loaf
- Fruit based muffin
- Vegie sticks with a hummus dip
- Pita chips

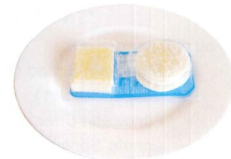
- Fruit



COMPARE \$'S



\$18.00 = 1 kg



\$50.00 = 1 kg



\$2.90 = 1 kg



\$18.00 = 1 kg



\$7.30 = 1 kg



\$40.00 = 1 kg

PUT IT TOGETHER



QUICHE WISH

- Mini quiche
- Date scone
- Vegie sticks
- Yoghurt
- Apple
- Water



- Mountain bread filled with salad
- Air popped popcorn
- Tuna
- Vegetable sticks
- Creamed rice
- Apple
- Water

PUT IT TOGETHER



NIBBLES PACK

- Ham & cheese sandwiches
- Rice crackers
- Vegetable sticks
- Salad nibble pack with cheese
- Water
- Strawberries & kiwi fruit



- Turkish bread
- Meatballs
- Salad nibbles
- Vegie muffin
- Grapes
- UHT milk
- Water

Date and Oat Bliss Balls

Ingredients:

- 1 cup of dates
- 2 cups rolled oats
- 3/4 cup desiccated coconut
- 1 tbsp. cacao powder
- 1 tbsp. natural peanut butter



What to do:

1. Place dates in a pot of water and bring to the boil.
2. Drain the dates and put the liquid into a container and set aside.
3. Place drained dates, coconut, oats, peanut butter and cacao in food processor.
4. Add roughly 1/4 of the date liquid to the mix and process.
5. Roll mixture into approximately 18 balls. Roll in coconut if desired.
6. Store balls in the fridge.

I make these bliss balls every week. They are a go-to snack and lunch box item in our house that the whole family enjoys!

Elliott's school is nut free, so I often use coconut oil instead of peanut butter to keep them school friendly —Tracey.

Variations:

Use dried apricots instead of dates, a few drops of vanilla extract instead of the cacao powder and use coconut oil instead of peanut butter.



Zucchini and Chocolate cake

Ingredients:

- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 2 eggs
- 1/2 cup cocoa powder
- 1 cup wholemeal self raising flour
- 1 tsp baking soda
- 1 1/2 cups firmly packed grated zucchinis (approximately 2 large ones)



What to do:

1. Pre-heat oven to 180 degrees.
2. Grease and line a loaf tin with baking paper.
3. Place the sugars, oil, vanilla and eggs into a mixing bowl. Whisk together until combined.
4. Add the cocoa powder, flour, baking soda and fold the mixture until well combined.
5. Stir through the grated zucchini.
6. Pour the mixture into the prepared loaf tin and bake for approximately 45 minutes, or until a skewer inserted into the centre comes out clean.

I love any recipe that hides veggies! This cake is one of my favourites. It really is the moistest chocolate cake ever and my family loves it. You can't taste the zucchini at all—honest! It just makes the cake so much more moist! This is one I'd love you to try and if you do, please let me know if it was a success with your family too! - Tracey.

Bring left overs



Place left over Spaghetti Bolognese in muffin tins. Grate cheese on top and heat in the oven so they keep their shape. A perfect lunch box lunch!



Pack left over veggies, meat, stir fry, curries, rice, pasta, casseroles into a small container. They can be re-heated at school in the microwave.



Baked Beans are an excellent source of fibre, low in sugar and saturated fat and a good source of protein, iron and folate. A very portable and convenient lunch box option.



Hard boiled eggs are great in lunchboxes. They are a source of protein which will keep your child feeling full at school. To get the perfect hard boiled egg, place in a saucepan covered with water and bring to the boil.

Once the water starts boiling, set the timer for 6-7 minutes. Take out and run under cool water. Leave to cool before placing them in the fridge.

Microwaves and fridges are in all classrooms.

Pumpkin Soup

Soup is easy to make, is a great source of vitamins and minerals and can easily be re-heated at school for your child's lunch.

Ingredients:

- 1 butternut pumpkin (peeled, de-seeded and cubed)
- 1 large potato (peeled and cubed)
- 1 onion (diced)
- 1 clove of garlic (finely chopped)
- 1 tbsp. vegetable stock powder dissolved in 2 litres of boiling water.
- Olive oil

What to do:

1. Heat olive oil in a large saucepan and gently fry onion and garlic until soft.
2. Add pumpkin and potato and pour in the stock water.
3. Bring to the boil and simmer on low until the vegetables are soft.
4. Use a stick mixer and process until smooth and lump free.



Variations: Use any vegetables that you have. Soup is a great way to use up the vegetables that are in your fridge!

Use your Freezer and Save Time



Cut and fill croissants and place them back in the sealed packet. Place them in the freezer to keep longer. When needed, simply take out of the freezer and place in the lunch box. They will be defrosted by lunch time.

Croissant fillings can include: ham and cheese, tomato and cheese, cream cheese or jam.



Cut and butter fruit buns and put back into the sealed packet. Store in the freezer until needed.

Fruit buns are a delicious source of breads and cereals.



Pre-make sandwiches such as ham, cheese and tomato and freeze them.

There are toasted sandwich makers and sandwich presses available at school.



Pre-cut and butter fruit scones and place in the freezer in a sealed freezer bag until needed.

Variation: Jam and butter plain scones and freeze. These make an excellent after school snack as well.




Prep W's Fruit Kebabs

Fruit Kebabs

What do we need?



What did we do?

1.  cut the fruit
2.  put it on the skewer
3.  Eat it
- 4.

Mrs Sparkle's go to healthy snack:



We are a Move Well, Eat Well School



So what does this mean?

Schools and families need to work together to support the *Move Well Eat Well* messages both when children are at school and when children are at home.

Our school has a daily 'brain break' where children are encouraged to eat fruit or vegetables. If you can, please send an 'everyday' food item like fresh fruit and veggies to support this daily event in the classroom.

We are a 'water only' school. Families please provide a water bottle so your child can drink water throughout the day. Water keeps your child's body and brain hydrated so that it can function effectively.

At home parents and carers can encourage outdoor play after school rather than screen time. Setting some time limits on a maximum amount of screen time or even using a timer can help.

Play all day Energy Bars

Ingredients:

- 2 cups rolled oats
- 1 cup puffed quinoa
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 8 soft fresh dates pitted and chopped
- 1/2 cup dried cranberries
- 1/3 cup honey
- 1/3 cup natural smooth almond butter
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract



What to do:

1. Preheat oven to 180 degrees. Line a slice tin with non-stick baking paper.
2. Spread the oats, puffed quinoa and seeds evenly over the prepared baking tray. Bake for 20 minutes or until toasted and a bit golden in colour.
3. Place the dates and cranberries in a food processor and process until chopped. Add the oat mixture and process until well chopped.
4. Put the honey, almond butter, cinnamon and vanilla in a small saucepan over low heat. Stir with a wooden spoon until melted and smooth. Then add to the oat mixture. Stir to combine them together.
5. Press the mixture evenly into the prepared tin using a fork. Freeze for 1 hour or until nice and firm.
6. Use the paper to help you lift out the slice from the tin. Cut it into bars with a sharp knife. Store bars in an airtight container in the fridge.



Easy Banana Bread

Ingredients:

- 2-3 mashed ripe bananas
- 1/2 cup of Self Raising Flour
- 1 cup of plain flour
- 1 cup of brown sugar
- 1 tsp. ground cinnamon
- 2 eggs whisked
- 125g of melted butter



What to do:

1. Preheat oven to 180 degrees. Grease and line a loaf tin with baking paper.
2. Combine flours, sugar, cinnamon in a bowl.
3. Add whisked eggs and melted butter and mix together.
4. Fold in the mashed banana.
5. Bake for approximately 45 minutes. It is ready when you put a skewer into the middle of the loaf and it comes out clean.

This loaf can be sliced into individual pieces and wrapped in cling film and frozen. Take out the night before and it will be ready to eat by recess!

*****Learning at home*****

Cooking is a great activity to involve your children in. There are not many children who do not enjoy cooking and they will love the time spent with you! Whilst you are cooking, encourage their literacy and maths learning by asking them to read the steps of the recipe and to measure the ingredients you need. It is also a great activity for strengthening fine motor skills and coordination.

Quick dinner Ideas



Children sleep better when they have had a nutritious dinner.

A deep sleep stimulates the growth hormones so your child can grow and repair their body.

A good night's sleep will also ensure your child will be alert and able to concentrate the next day at school.

Noelene's one-pan lemon and chicken potato bake

Ingredients:

- 8 chicken drumsticks or 4 chicken thighs
- 6 large potatoes washed and chopped
- 2 cloves of garlic crushed, 1cm piece ginger grated
- 1/3 cup or chicken stock
- 1/3 cup lemon juice
- 1/3 cup orange juice
- 1 tbsp. chopped fresh oregano
- 2 tsp fresh thyme leaves
- 1 brown onion, finely chopped
- 2 Carrots peeled and chopped
- 1 zucchini chopped



What to do:

1. Pre-heat oven to 180 degrees
2. Combine the garlic, ginger, thyme, oregano, stock, lemon and orange juice in a jug.
3. Sprinkle the onion over the base of a roasting pan. Top with the chicken pieces. Arrange the potatoes, carrots and zucchini in between the chicken pieces.
4. Pour stock mixture over the top. Top with orange and lemon slices. Drizzle with oil and season with salt and pepper.
5. Bake in the oven for 50 minutes, basting with the stock mixture during cooking. It is ready when the chicken and potatoes are golden and cooked through.

Beef and Pasta Bake

Ingredients:

500g mince
400g can diced tomatoes
1/2 bag of spiral pasta
1 onion
1 clove of garlic
Grated cheese



Add some veggies—grated zucchini, carrot, finely chopped mushroom, cherry tomatoes cut in half, spinach leaves stirred through.

What to do:

1. Heat oil in a large pan and cook onion and garlic. Add the veggies of your choice to soften them. Transfer to a bowl while you cook your mince.
2. Once the mince is cooked, add the veggies, onion and garlic and the tin of tomatoes. Stir together.
3. Meanwhile, boil a pot of water and cook your pasta until soft. Drain using a colander and pour it into a large casserole dish.
4. Pour the mince, veggie and tomato mixture over the top and stir together.
5. Top with grated cheese and heat in the oven until the cheese has melted and the top is browned.

***Tip:** It is often cheaper to buy 1kg of mince than 500g. Perhaps save yourself time and double the mixture and cook two. One for the freezer and one to eat. Or cook all the mince and make one pasta bake and one lasagne for dinner the following night!*

Layered Vegetable Pie

Ingredients:

1 packet of tortilla wraps

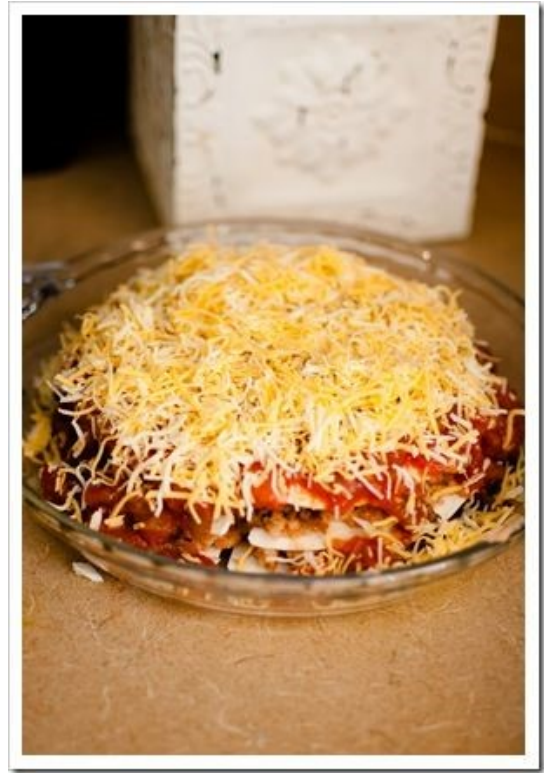
1 jar tomato pesto

Grated cheese

Sliced eggplant, zucchini, mushrooms,
sundried tomatoes, spinach leaves

What to do:

1. Pre-heat oven to 180 degrees.
2. Place a wrap on to a pizza tray.
3. Spread some tomato pesto on top of the wrap
4. Place a layer of sliced eggplant, zucchini, mushrooms, sundried tomatoes and spinach on top of the pesto and then top with grated cheese.
5. Place another tortilla wrap on top and spread it with tomato pesto. Repeat another layer of veggies and top with cheese. Continue to do this until you reach the desired height for your pie. Usually 6 tortillas high is enough.
6. On the top tortilla, spread with the left over tomato pesto and cover with grated cheese.
7. Bake pie in the oven until browned



Great on its own or accompanied with a salad and home made chips.

Easy Cheesy Egg and Bacon Pie

Ingredients:

- 2 sheets of ready rolled puff pastry
- 6 rashers of short cut bacon chopped
- 6 eggs whisked with 1/2 cup of milk
- 1 cup of cheddar cheese grated
- A few leaves of chopped spinach

What to do:

1. Pre-heat oven to 180 degrees.
2. Defrost frozen pastry sheets by leaving them on the bench whilst you cut the rashers of bacon into small squares.
3. Break the eggs into a jug, add the milk and whisk together.
4. Grease a rectangular baking tray or pie dish and fit the pastry.
5. Place the chopped bacon, spinach and grated cheese onto the pastry and pour the egg and milk mixture on top.
6. Place in the oven until egg mixture is cooked.



Serve with steamed vegetables or salad

Tuna Mornay

Ingredients:

- 1 x 425g can tuna in natural spring water, drained and flaked.
- 2 tablespoons of butter
- 2 tablespoons of plain flour
- 2 cups of milk
- 1 cup of cheese
- Frozen peas and corn

What to do:

1. Put the butter into a saucepan and melt on medium heat.
2. Add the flour and stir until grainy.
3. Add the milk a little bit at a time, keep stirring to make a roux. Continue until all the mix has been used.
4. Add the grated cheese, tin of tuna and frozen peas and corn and bring to the boil so that the mixture thickens.
5. Once it is thick, the mornay is ready.



This recipe is great with rice or mashed potato, on top of a baked potato or stirred through pasta. Enjoy!

Lentil Dahl

Ingredients:

- 1 cup red lentils
- 2 onions (finely chopped)
- 6 cloves of garlic (minced)
- 2 tomatoes (chopped)
- 1 tsp chilli flakes
- 1/2 tsp cumin seeds
- 2 cloves
- 2 bay leaves
- 2 tsp coriander powder
- 1/2 tsp turmeric powder
- 1 tsp salt
- 1/2 tsp garam masala
- 1 tbsp. ghee or butter
- 50ml vegetable oil



What to do:

1. Boil the lentils with the salt and turmeric powder until soft.
2. Drain off excess water if necessary.
3. Heat the ghee in a frypan and add the cumin seeds, cloves and bay leaves. Fry until brown.
4. Add onion, garlic, chilli powder and coriander powder and fry for a few seconds. Add tomatoes and cook for a few minutes.
5. Remove the cloves and bay leaves and add the mix to the lentils. Mix in the garam masala.
6. Garnish with fresh coriander and serve with basmati rice.

Jodie's Pizza Pinwheels

Ingredients:

- 1 sheet puff pastry (defrosted)
- 1 tbsp pizza sauce
- 1/2 small capsicum finely chopped
- 1/2 cup ham or bacon finely chopped
- 1/2 cup tasty cheese grated
- Small tin of pineapple pieces

What to do:

1. Pre-heat oven to 180 degrees.
2. Spread pizza sauce on pastry, leaving a 1 cm strip clear along one edge.
3. Sprinkle with capsicum, ham, cheese and pineapple.
4. Dampen the cleared strip with a little water.
5. Starting opposite the cleared section, roll up as tightly as you can, ending at the cleared section.
6. Slice into 1 1/2 cm pinwheels.
7. Place on lined baking tray and bake for 15 minutes or until golden.
8. Serve hot or cold.



*Perfect for lunchboxes!

Variations:

Spread a thin layer of left over bolognaise sauce on the pastry and sprinkle with cheese before rolling up.

Spread a thin layer of vegemite and grated cheese before rolling up.

Apricot Chicken

Ingredients:

Chicken breasts, thighs or chicken drumsticks

4 tbsp plain flour

Packet of French onion dried soup mix

1 litre apricot nectar

What to do:

1. Pre-heat oven to 180 degrees.
2. Dice chicken or leave drumsticks if using them.
3. Place chicken into a freezer bag with flour and shake to coat.
4. Mix dried soup mix with the apricot nectar.
5. Place chicken into a casserole dish and cover with nectar mix.
6. Cover and cook for approximately 45 minutes or until chicken is cooked through.
7. Serve with rice or mashed potato and vegetables.



Ananda's Honey Soy Chicken Stir-fry

Ingredients:

1 cup brown rice
500 grams skinless chicken breast
2 tbsp soy sauce
1 tbsp oyster sauce
1 tbsp honey
1 tbsp sesame seeds
2 carrots
1 cup green beans
1 cup snow peas
1 small head broccoli
1/2 tbsp sesame oil
1 tsp Minced Garlic

What to do:

1. Cook brown rice as per packet instructions.
2. Slice all vegetables and steam until tender but still slightly crisp.
3. Cut chicken into cubes and mix with freshly minced garlic.
4. In a small bowl mix the soy sauce, oyster sauce and honey, then set aside.
5. Heat sesame oil in large fry pan or wok, and brown the chicken until cooked through.
6. Add sesame seeds and stir continuously for 1 minute.
7. Add steamed vegetables and the sauce.
8. Stir for 1 minute to heat through.
9. Serve with cooked brown rice.



Minestrone Soup

From the Kearnes family

Ingredients:

Olive oil

1 large onion, peeled and diced

1 clove of garlic, peeled and crushed

4 slices of lean bacon, chopped

3 sticks celery chopped

2 carrots, peeled and sliced

7 cups of water

1 tbsp beef stock powder

375g jar of tomato paste

½ cup of dry macaroni pasta

400g can of baked beans



What to do:

1. Heat oil in a large saucepan over medium heat, add onion and cook for 5 minutes or until soft. Add garlic and bacon and brown off for 3-5 minutes.
2. Add vegetables and cook for 5 minutes. Add tomato paste and fry off for a minute. Add water and stock powder. Bring to the boil, reduce heat and simmer for 30 minutes, stirring occasionally.
3. Stir in macaroni and baked beans, simmer for a further 15 minutes stirring occasionally.
4. Season with cracked black pepper and fresh parsley and serve garnished with parmesan cheese.

To boost up the veggie count, add diced zucchini and cauliflower flowerets.

Hedgehog Meatballs

Ingredients:

500g mince

1 finely chopped onion

1 egg, lightly beaten

1 cup fresh breadcrumbs

1 cup of long grain rice

2 table spoons tomato sauce

Salt and pepper

What to do:

1. Mix all together and shape into 'golf ball' size balls.
2. Place in a casserole dish.
3. Mix together 1 can of condensed tomato soup, 1 tin of chopped tomatoes and 1/2 cup of water. Pour around meatballs.
4. Cover and bake in oven at 150 degrees for 45-50 minutes.

Rice will swell up during cooking and come through the meatballs so that they resemble hedgehogs. The kids will love them!

Serve with mashed potato and vegetables.



Ooodles of Noodles (with ham and cheese)

Ingredients:

150g of egg noodles

1 1/2 cups grated cheese

3 eggs

Chives or a small onion, chopped

200g (or 3 slices) lean ham chopped

1 1/2 cup milk

1/4 cup plain yoghurt (optional)

Butter or oil for greasing

What to do:

1. Cook noodles in lots of boiling water until just tender and drain.
2. Combine cooked noodles with all other ingredients.
3. Pour into a lightly greased baking dish.
4. Bake in a moderate oven (180 degrees) for 30 minutes or until set.

Serve with bread and salad

Variations: add tomato, sweet corn and peas



Breakfast Ideas



Breakfast fuels the day. It provides children with energy and essential nutrients which are necessary for growth, development and good health. It enables them to concentrate and be ready to learn.

Porridge

Quick porridge oats are cheap and nutritious. A bag costs \$1.30 from the supermarket and makes a quick, filling and versatile breakfast option.

What to do:

1. Place 1 cup of porridge oats into a saucepan.
2. Pour milk on top until the oats are covered. (You can use water instead and just pour a little milk on top once they're cooked.)
3. Boil and simmer for 2-3 minutes, stirring the entire time so that they don't stick to the pan.
4. Pour into bowls and top with your favourite topping.

Topping options:

Banana

Maple Syrup

Sultanas

Honey

A sprinkle of brown sugar

Mixed Berries

Yoghurt

Chia seeds

Pumpkin seeds

Stewed fruit

Tinned fruit



Egg and Bacon cups

Make these in advance and keep them in the fridge for a quick breakfast on the go, lunch box item, afternoon tea snack or quick dinner.

Ingredients:

Eggs

Short cut bacon rashers

Oil



What to do:

1. Oil a muffin tray.
2. Fold the bacon so it makes a cup inside the muffin hole.
3. Place in a 180 degree oven for 10 minutes to brown and crisp a little.
4. Break an egg in each of the muffin cups and place back in the oven to cook.
5. Egg and bacon cups can be kept in the fridge and re-heated in the microwave or eaten cold.



Toast toppings

Toast is quick and easy to make and can be eaten on the go when getting to school is rushed.

Make it more nutritious by using these toppings:

Avocado



Cheese and tomato



Baked Beans

Vegemite and cheese



Mushrooms

Banana and honey



Peanut butter



Cream cheese

Eggs

Soft boiled or 'Googy Eggs':

Once boiling, place the egg into the saucepan. As soon as the water comes back to the boil, set the timer for 4 minutes. This will give you a lovely soft-boiled egg with a runny yolk, which is perfect for dipping your toast soldiers into.



Easy Scrambled Eggs:

Beat eggs, milk, salt and pepper in microwave-safe bowl until blended.

Microwave on high for 45 seconds and stir.

Microwave until eggs are almost set, 30 to 45 seconds longer. Stir with a fork and serve immediately.



Poached eggs:

These silicone egg poachers make poaching eggs easy and mess free. They are available from Shiploads for \$1 each.



Break eggs into the silicone cups.

Fill a saucepan 1/4 of the way up with water and bring to the boil.

Turn the heat down and place silicone cups into the water (they will float) and put the pot lid on top.

Cook for 4 minutes.



Make your own Muesli

Ingredients:

4 cups porridge oats

1/2 cup raw almonds

1/2 cup chia seeds

1/2 cup of pumpkin seeds

3/4 cup of maple syrup

1 cup of rice malt syrup

What to do:

1. place all ingredients into a large mixing bowl and mix together.
2. Line a large baking tray with grease proof paper and lay mixture out on top.
3. Bake in the oven until golden brown. You may need to turn it with a spatula half way through so that it bakes evenly.
4. Leave to cool on the tray and keep in a container.



Delicious served with milk or yoghurt and berries.

Breakfast Smoothie

Ingredients:

1 cup fresh or frozen berries

1 banana chopped

1 cup plain natural yoghurt

What to do:

1. Place all the ingredients together into a blender and whizz up to a smooth texture. If the mixture is too thick, add a little milk before whizzing again.

Variations: add 1 tablespoon of muesli, chia seeds, wheat germ, bran and blend.



2 ingredient Banana Pancakes

Ingredients:

1 medium ripe banana

2 large eggs

1/8 teaspoon of baking powder for fluffier pancakes (optional)

What to do:

1. Peel the banana and mash it up using a fork. Keep mashing until the banana has a pudding like consistency and there are no large lumps remaining. You should have 1/3 to 1/2 a cup of mashed banana.
2. Add the baking powder if you are using it.
3. Whisk the eggs together and pour over the banana. Stir until combined.
4. Melt a little butter in a pan and drop 2 tablespoons of batter onto the hot pan.
5. Flip the pancakes carefully when they bubble and look golden.

Serve warm with maple syrup, honey, jam or berries and yoghurt.

Left over pancakes will keep in the fridge for a few days and can be warmed in the microwave.



Breakfast Cookies

Ingredients:

3 cups rolled oats

1 cup almond meal

1/2 cup shredded coconut

1/2 cup light flavoured extra virgin olive oil

2/3 cup maple syrup

2 teaspoons ground cinnamon

2 teaspoons vanilla extract

1 cup mashed banana (about 2-3 bananas)

2/3 cup dried sultanas (or use cranberries, blueberries—whichever you prefer)

What to do:

1. Pre-heat oven to 180 degrees. Line 2 baking trays with non stick baking paper.
2. Place all the ingredients into a big bowl and mix them really well to combine.
3. With clean hands, roll and press heaped tablespoons of the mixture into balls. Arrange them on the trays.
4. Bake for 25 minutes or until dark golden brown.



Omelette

Ingredients:

2 eggs

2 tablespoons milk

Salt and pepper

What to do:

1. Break the eggs into a small bowl. Add the milk and a little bit of salt and pepper and mix well using a fork.
2. Place a non-stick frying pan on medium heat. Add some butter and gently swirl the pan, watching it melt, until it coats the base.
3. Add the egg mixture and cook for 1-2 minutes or until the egg is set. (The edges of the omelette should be a little golden and the top still a bit glossy, not dry.)
4. Using a spatula, carefully scoop under one half of the omelette and fold it over the other half.
5. The easiest way to get your omelette from the pan to the plate is to slide it.
6. Serve with some buttered sourdough or wholegrain toast.

Variations: Try adding mushrooms, cheese and spinach, crispy bacon or ham, cheese and tomato as a delicious filling.



Eliza's Muffins

From Carol Reynolds in the Library

Ingredients:

- 2 eggs
- ½ cup soft brown sugar
- ¼-½ cup oil
- ½ cup juice
- 1 cup chopped fruit
- ½-1 cup complementary ingredient/s
- 1¾ cups self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon complementary spice (optional)



What to do:

1. Beat eggs and sugar together until sugar has dissolved. Add oil and juice and mix to combine.
2. Add fruit and complementary ingredient/s and mix to combine.
3. Sift in the flour, baking powder and spice - combine until only just mixed. It should be a fairly wet looking rough mixture.
4. Spoon into prepared muffin tins.
5. Bake at 200C for about 15-20 minutes.
6. Allow to COOL slightly in tins before removing onto cooling rack.

Variations:

*½ cup orange juice
1 cup (equals 1x310g tin) mandarin pieces drained
½-1 cup chocolate chips
¼-½ cup cocoa (optional) - sift in with flour and baking powder*

*½ cup apple juice
1 cup chopped apple
½-1 cup sultana and walnut pieces combination
1 teaspoon cinnamon*

*½ cup pineapple juice - 1x225g tin of pineapple pieces provides both the juice and
1 cup pineapple pieces
½-1 cup sultana and grated carrot mixture
1 teaspoon cinnamon*

Granola Breakfast pops

Ingredients:

1 1/2 cups of natural Greek style yoghurt

1/4 cup honey

1 cup granola (make your own page 41 or use store bought)

What to do:

1. Place the yoghurt and honey in a medium jug and mix to combine.
2. Stir in the granola and divide the mixture between 8 popsicle moulds.
3. Insert sticks and freeze until solid.



Variations:

Add 1 cup of chopped mango

Stir in 1 cup of mashed banana

Add your favourite berries



Sweet Treats



Sweet treats are “sometimes foods.” Everyone needs a sweet treat occasionally. Try these healthier alternatives when you’re feeling like a treat.

Banana Ice-Cream

Ingredients:

4 ripe bananas, peeled and sliced

3/4 cup of full cream vanilla bean yoghurt

What to do:

1. Slice bananas and place the slices into a snap lock plastic bag.
2. Place the bag of bananas into the freezer for at least an hour or until they are very firm and frozen.
3. Place the frozen banana and yoghurt into a food processor and blend until whipped and smooth.
4. Spoon into cups and serve straight away.



Variation: Try adding peanut butter!

Peanut Butter Fudge

Ingredients:

1/3 cup natural smooth peanut butter

20 soft fresh dates pitted

2 teaspoons vanilla extract

What to do:

1. Line a 10cm x 20cm loaf tin with non-stick baking paper, leaving 4cm of paper overhanging on the long sides.
2. Place the peanut butter, dates and vanilla in a food processor and process until smooth. You might need to scrape down the sides of the processor with a spatula between pulses to make sure everything combines.
3. Spoon the mixture into the prepared tin and smooth the top using the back of a spoon. If it is too sticky, rub a little oil on the spoon and try again.
4. Freeze for 1 hour or until firm.
5. Use the paper to help you lift the fudge from the tin and with a sharp knife, slice it into small pieces to serve.



Keep the fudge in the freezer to have when you feel like a cool chewy treat.

Toasted Apple Crumble

Ingredients:

4 apples

1/3 cup maple syrup

1 teaspoon vanilla extract

80g unsalted butter, chopped

1 cup of rolled oats

1/2 cup flaked almonds

1/2 teaspoon ground cinnamon

1/4 cup self raising flour

1/3 cup maple syrup



What to do:

1. Preheat oven to 180 degrees.
2. Using a vegetable peeler, peel each of the apples. With a sharp knife, cut them into quarters and remove the cores. Chop them into cubes and place in a big bowl, add the maple syrup and vanilla and combine with a wooden spoon.
3. To make the crumble, place the butter in a small saucepan over low heat and stir with a wooden spoon until melted. Place the oats, almonds, cinnamon, flour and maple in a medium bowl. Add the melted butter and mix really well to combine.
4. Divide the apple mixture between 4 shallow 1 cup capacity oven proof dishes. Spoon the crumble topping onto the fruit, making sure it is nice and even.
5. Place the dishes on a baking tray and bake for 25 minutes or until golden and the fruit is soft.

Serve warm with vanilla ice cream or custard.



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