

Brekkie Boats

Serves: 12 boats

Ingredients

- 1 pack of 12 mini soft shell taco boats
- 6 eggs, beaten
- ¼ cup milk
- 1 punnet cherry tomatoes, cut into quarters
- ½ cup frozen peas
- 4 slices lean ham, diced
- 2 tbsp fresh or dried chives

Method:

1. Preheat oven to 180°C
2. Place boats (soft shell tacos) onto baking tray lined with baking paper
3. In medium bowl, combine all ingredients
4. Spoon egg mixture into boats - make sure each boat has equal parts ham and vegetables
5. Cook for 25 minutes or until cooked through.



Sunshine Cups

Serves: 12 cups

Ingredients

- 12 slices wholemeal bread, crusts removed
- 2 cups pumpkin, cooked and mashed
- 125g frozen spinach, defrosted with water squeezed out
- 125g cottage cheese
- ½ onion finely diced
- 2 eggs, beaten
- 2 tsp mild curry powder
- 1 salt reduced chicken stock cube

Method

1. Preheat oven to 180°C and lightly grease 12 hole muffin tin
2. Flatten bread slices and line each muffin hole with one slice
3. Combine all other ingredients in bowl
4. Fill each bread cup with pumpkin mixture
5. Bake for 30 minutes or until mixture is set.



Lunchbox Finger Food Recipes



Food Safety Tips



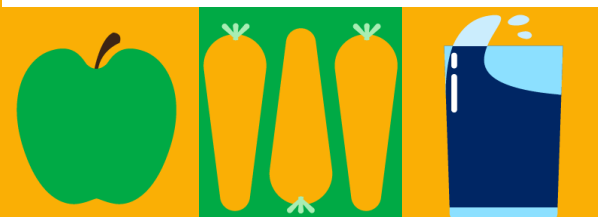
Wash hands and food – wash your hands before, during and after making food. Wash fruits and vegetables before using.



Keep it cool – use an insulated lunchbox and include a frozen drink or freezer block to keep food cool.



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Mini Pizzas

Serves: 12 mini pizzas

Ingredients

6 English muffins
Tomato paste
Reduced fat cheese, grated
Topping ideas include: onion, capsicum, zucchini, pineapple pieces, mushrooms, baby spinach, ham, chicken or tuna

Method

1. Spread the muffin base with tomato paste
2. Top with any combination of toppings – making sure to add lots of vegetables!
3. Sprinkle with cheese
4. Place under grill or bake for 5 minutes at 180°C.



Veggie Rice Muffins

Serves: 12 muffins

Ingredients

1 brown onion, chopped
200g sweet potato, peeled & grated
200g broccoli, trimmed & cut into florets
75g (½ cup) cooked basmati rice
½ red capsicum
5 eggs beaten
2 tbsp chopped fresh herbs, e.g., basil or thyme (optional).

Note: You can swap sweet potato and broccoli for other vegetables.

Method

1. Preheat oven to 180°C and lightly grease or line 12 hole muffin tin
2. Cook broccoli for 2-3 minutes or until tender and coarsely chop – allow to cool
3. Grease frying pan and cook onion until soft
4. Add sweet potato (or other vegies of choice), cook for another 3-4 minutes
5. Transfer mixture to a large bowl and set aside to cool
6. Add broccoli, rice, eggs and herbs to sweet potato mixture and stir well
7. Divide mixture among muffins holes and bake for 20 minutes or until golden.



Veggie Fritters

Serves: 12 fritters

Ingredients

4 potatoes, grated
2 carrots, grated
1 zucchini, grated
1 egg
½ cup plain flour
½ cup reduced fat cheese, grated

Method

1. Squeeze excess moisture out of potatoes
2. Combine all ingredients in a large bowl
3. Grease a non-stick fry pan
4. Scoop 1 to 2 tablespoons of mixture into the pan and cook for 5 minutes each side.



Mexi Bites

Serves: 12-14 bites

Ingredients

2 cups leftover 'Mexican' vegetables (kidney beans, onion, corn, capsicum and spinach)
1 cup reduced fat cheese, grated
½ cup self-raising flour
2 eggs

Method

1. Combine all ingredients in a bowl
2. Spoon golf ball size bites onto baking tray
3. Bake for 20 minutes in oven at 190°C.



Mini Meatballs

Serves: 24 meatballs

Ingredients

500g low fat mince
1 egg
1 carrot, grated
1 zucchini, grated
1 brown onion, finely chopped
½ cup breadcrumbs (or GF alternative)
1 tbsp tomato sauce

Method

1. Combine all ingredients in a bowl
2. Roll into approximately 24 meatballs
3. Grease frying pan and cook meatballs for approximately 7-9 minutes, turning frequently or cook in oven for 20 minutes at 180°C.



For more great recipe ideas go to
<https://healthupnorth.info/recipes>