



Veg it up

Recipes for
Vegie Month

Northern NSW Health Promotion



RECIPE

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Ants on a Log

Ingredients

Log ideas:

- celery sticks
- cucumbers
- carrots

Filling ideas:

- nut butter
- creamed cheese
- cottage cheese
- dips e.g. hummus, guacamole, beetroot dip, salsa

Ant ideas

- dried fruit
- peas
- sweet corn kernels
- chopped olives
- quartered cherry tomatoes

Directions

1. Prepare logs by chopping celery sticks into lengths or halving cucumbers or carrots.
2. Spread filling along the log.
3. Place ants along the log, sticking them into the filling.

NOTE: this recipe is great for practising fine motor skills as well as food preparation. This activity can be extended to include numeracy by encouraging children to count the ants on each of their logs.



Guaca-coli

Recipe serves 10-15

Ingredients

- 1/2 head of broccoli or 1 broccoli stem (cut into small pieces)
- 1 avocado
- 1/2 lime (juiced)
- 4 cherry tomatoes or 1/4 tomato (diced)
- 1/8 of a red onion or 1 spring onion (finely chopped)
- 1/2 bunch coriander leaves (finely chopped) – omit if desired
- 1/4 teaspoon of ground cumin
- 1/4 teaspoon of ground coriander
- 1/4 teaspoon of paprika
- Pepper to season

Directions

1. Steam the broccoli or microwave until it softens (approx. 3-5min).
2. Place cooled broccoli in a blender and pulse until chopped well.
3. Roughly mash avocado and spices in a bowl.
4. Stir through all other ingredients to form chunky Guac-coli.

NOTE – add extra lime and store in air tight container if you are serving later in the day.



Beetroot Dip

Recipe serves 10-15

Ingredients

- 1 can of baby beetroot (approx 400g)
- 200g Greek or natural yoghurt
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Salt and pepper to taste

Directions

1. Drain and finely chop beetroot. You may wish to use a fork to mash the beetroot pieces a little.
2. Combine all ingredients in a bowl and mix thoroughly.
3. Serve with vegie sticks or crackers.



Hummus

Recipe serves 25

Ingredients

- 2 x 400g tins chickpeas
- ½ cup tahini
- 2 cloves garlic
- Juice 1-2 lemons
- 1-2 tablespoons extra virgin olive oil (optional)
- Salt & pepper to taste
- Vegetables and flat bread cut into strips for dipping (such as carrots, snow peas, capsicum, beans, cucumber)

NOTE - don't include tahini if you have a child with a seed allergy at your service, add an extra tablespoon or two of olive oil.

Directions

1. Drain chickpeas and place into blender and process briefly.
2. Add tahini, garlic, lemon juice, olive oil, salt and pepper and process again.
3. Add a small amount of water to achieve a soft creamy paste.
4. Cut vegetables into long sticks and flat bread into strips to dip into hummus.
5. Serve a small amount of hummus to each child either on a small saucer or in a small cupcake case, with a selection of cut vegetable sticks or bread strips.



Aloha Rice

Recipe serves 25

Ingredients

- 1/2 carrot
- 1 celery stick
- 1/2 red or green capsicum
- 2 spring onions
- 1 can pineapple pieces (in natural juice)
- 2 slices reduced fat / salt ham
- 4 cups cooked brown rice
- 4 tablespoons sweet corn
- Pepper to season
- 2 tablespoons reduced fat salad dressing (or make your own using olive oil, balsamic vinegar and lemon or pineapple juice)

TIP - you can use frozen, diced vegetables rather than fresh.

Directions

1. Grate carrot and put into a mixing bowl.
2. Slice the celery finely and add to bowl.
3. Remove the seeds from the capsicum. Cut into small squares and add to celery and carrot.
4. Cut and discard the root end of the spring onion. Slice finely, then add it to the bowl.
5. Drain the pineapple and add to the bowl.
6. Slice ham into small pieces and add to the bowl with remainder of ingredients.
7. Using a spoon, mix thoroughly.
8. If not using at once, cover with cling wrap (or store in container) and refrigerate until needed.

This recipe can be used to stuff zucchini boats and capsicums if you have leftovers. Simply halve the zucchini or capsicum and scoop out the insides. Fill with rice mixture, top with cheese and bake until cooked through and cheese is browned.



Sandwich Sushi

Recipe makes 20-24 tasters

Ingredients

- 1 loaf wholemeal bread
- 1 small tub reduced fat cream cheese
- Medium (approx. 400 g) can tuna in spring water, drained
- 1 medium avocado, thinly sliced
- 2 medium carrots

Any other combination of ingredients and vegetables could be used such as capsicum, cucumber, lettuce, ham, chicken.

Directions

1. Place bread slices on chopping board. Remove crusts and flatten with a rolling pin.
2. Spread 1 side of each slice of bread with cream cheese.
3. Thinly slice avocado.
4. Peel and grate carrots.
5. Arrange tuna, avocado and carrot in rows next to each other on the bread leaving a 1cm border along one edge.
6. Roll up bread from opposite edge to enclose filling. Cut into bite size pieces and place on serving platter.



Rice Paper Rolls

Recipe makes 20 rolls

Ingredients

- 1 cup rice noodles
- 2 cups grated carrot
- 2 cups thinly sliced cucumber
- 2 cups bean shoots
- Small piece ginger (grated)
- 1/2 bunch mint (roughly chopped)
- 2 tablespoons fish sauce
- 2 tablespoons soy sauce
- 1-2 limes (juiced)
- 20 rice paper roll sheets
- Sweet chilli sauce to dip

Directions

1. Soak rice noodles in boiling water for 5-10 minutes or until soft.
2. Mix carrot, cucumber, ginger and mint together with bean shoots in a bowl.
3. Add fish sauce, soy sauce and lime to the salad mix.
4. Place one piece of rice paper in a medium bowl of lukewarm water for 15 sec or until soft. Place onto clean tea towel or plate.
5. Spoon small amount of noodles and salad filling down the middle of the rice paper sheet. Fold in both sides and roll to enclose the filling.
6. Repeat with remaining rice paper rounds and filling.



Pizza Muffins

Recipe makes 10 pizza muffins

Ingredients

- 1 packet English muffins (halved)
- ½ cup tomato paste
- 2 tablespoons of dried oregano
- 1 capsicum
- 5 mushrooms
- 2 tomatoes
- 1 onion
- 1 small can of pineapple
- Reduced fat cheese (grated)

Directions

1. Chop vegetables and pineapple into small pieces.
2. Give each child half a muffin.
3. Spread muffin with tomato paste.
4. Cover each muffin with vegetables, cheese and sprinkle with oregano.
5. Cook in sandwich toaster with lid half open, or in oven at 150 degrees Celsius until cheese has melted.



Hulk Fritters

Recipe makes 25 fritters

Ingredients

- 750g thawed green peas
- 4 tbsp fresh parsley
- 5 eggs
- 375g ricotta (low fat)
- 1 cup wholemeal flour
- 2 medium zucchinis
- Salt and pepper, to taste

Directions

1. Smash peas and grate zucchini. Combine in bowl with parsley, egg and flour.
2. Add salt and pepper.
3. Mix through ricotta.
4. Spoon into frypan and cook on medium high for ~2 mins each side, or until golden brown.



Veggie Pikelets

Recipe makes 18 pikelets

Ingredients

- 1 small zucchini
- 1 carrot
- 2 tablespoons oil
- 1 cup SR flour (try using half wholemeal half white)
- 1 egg
- 1 tablespoon sugar
- $\frac{3}{4}$ cup low fat milk

Directions

1. Finely chop or grate the vegetables.
2. Heat half the oil in the saucepan and cook vegies until soft.
3. Sift flour into a bowl.
4. Stir in sugar, egg and milk and mix to make a smooth batter.
5. Mix in vegetables.
6. Heat remaining oil in frypan on stove, and drop in tablespoons of mixture.
7. Cook until bubbles appear. Turnover and brown the other side.



Falafels

Recipe makes 10-15 balls

Ingredients

- 1 medium carrot
- 1 small zucchini
- 1 420g tin chickpeas, well rinsed and drained
- 1/4 cup parsley, chopped
- 1 teaspoon oregano
- 1/4 medium red onion, chopped
- 1 teaspoon ground cumin
- 1/4 cup self-raising flour

Directions

1. Preheat oven to 180 degrees Celsius. Line a baking tray with baking paper.
2. Grate carrot and zucchini. Strain to remove excess liquid.
3. In a food processor, combine the carrot, zucchini, chickpeas, parsley, oregano and onion until smooth.
4. Transfer the mixture into a bowl. Add remaining ingredients and mix until well combined.
5. Measure out a heaped tablespoon and shape your falafel into 10-15 even-sized balls.
6. Place falafel onto a prepared baking sheet and flatten slightly with a fork.
7. Bake for 20 minutes or until golden brown.
8. Remove from oven and leave to cool for 5 minutes before serving.



Sunshine Cups

Recipe makes 12 cups (24 half cups)

Ingredients

- Oil spray
- 2 cups mashed pumpkin (as dry as possible)
- 125 g frozen spinach, defrosted, water squeezed out
- 125 g low fat cottage cheese
- ½ onion, finely diced
- 2 eggs
- 2 tsp mild curry powder
- 1 salt reduced chicken stock cube
- 12 slices wholemeal bread

Directions

1. Preheat oven to 180 degrees Celsius. Spray a 12 hole muffin tin with oil.
2. Combine all ingredients, except bread, in bowl.
3. Cut crusts off bread, flatten them with a rolling pin, then line each muffin hole with one slice.
4. Fill each bread cup with pumpkin mixture.
5. Bake for 60 minutes or until mixture is set.



Easter Pizza

Ingredients

- Pita bread / wraps / pizza base
- Cheese (grated)
- Tomato paste or pasta sauce
- Green beans
- Carrot and / or pumpkin (grated)

Directions

1. Preheat oven to 180 degrees Celsius.
2. Place your pita bread, wrap or pizza base on a greased oven tray.
3. Spread tomato paste (or pasta sauce) thinly across the entire base. You may add some crushed garlic to if you wish.
4. Add grated carrot / pumpkin and cheese on top of the pizza.
5. Bake in oven for 10-20 min or until cheese has melted on top. Timing will depend on the type of base you use as well. Wraps and pita cook quicker than pizza bases.
6. Serve with green beans to create your carrot-inspired pizza.