



# COOKING FOR KIDS





**Kid Friendly Cooking - These recipes are suitable to involve your children in cooking. All recipes will still require adult supervision.**



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All recipes have a star rating to indicate the level of skill of cooking

- ★☆☆ Easy and simple techniques and processes
- ★★☆ Recipe has numerous cooking processes
- ★★★ More challenging recipe that includes complex techniques and/or processes

Prices in this cookbook have been derived from a major online supermarket chain.



Home prepared food for your baby is healthier, fresher, more affordable and easier than you think



# FIRST FOODS



## 6 MONTHS

Commence with iron enriched foods i.e. rice cereal, legumes, lentils, soy beans, meat, liver, fish and poultry. Offer solids after a breast or formula drink.

### FOLLOW ON WITH:

<b>Cereals</b>	Semolina, oatmeal, porridge, weetbix.
<b>Vegetables</b>	Pumpkin, carrot, zucchini, potato, sweet potato, parsnip, broccoli, cauliflower, silver beet, peas, brussel sprouts, cabbage, green beans, mushrooms.
<b>Meat</b>	Tender or minced.
<b>Broth / Soup</b>	
<b>Pasta &amp; Rice</b>	
<b>Yoghurt &amp; Cheese</b>	
<b>Eggs</b>	Well cooked
<b>Fruits</b>	Cooked pears and apples. Ripe bananas, peaches, apricots, melon, mango, avocado
<b>Cows Milk</b>	On cereal. ( Not as a drink until 12 months of age ).
<b>Water</b>	Cooled boiled tap water in a cup may also be offered to the infant.
<b>No</b>	Added salt, honey or sugar.



Always supervise infants and children when eating

## 8 MONTHS

Offer solids before a breast or formula drink.

- Finger Foods** Encourage self feeding. Small strips of tender meat, cooked vegetables - grated or thinly sliced.
- Bread** Toast, sandwiches - fillings such as vegemite, cheese, banana, avocado.

## 12 MONTHS

- Family Foods** Continue to encourage self feeding.
- Milk** Breast milk or full cream cow's milk.
- Dairy** 3 serves a day = a small tub of yogurt, a slice of cheese and a cup of milk.
- Honey** Pasteurised honey should not be introduced until after 12 months, if at all.
- Avoid** Whole nuts, low fat milks, fruit juices, cordials, tea, coffee, and herbal teas.
- Limit** Nutrient- poor foods with high levels of fat, sugar, honey and salt e.g. cakes, biscuits, chips.



All babies are individuals and learn to eat at different rates. If baby refuses a food once retry in a day or two.



Exclusive breast feeding is recommended until around six months of age. Introducing solid foods at around six months of age is necessary to meet your infant's increasing nutritional and developmental needs. It is recommended to continue breastfeeding until 12 months and then as long as you and your baby enjoy. If artificially fed – formula is needed until 12 months of age.

- ▶ Look for the signs that your baby is ready to commence solids : Allow your baby to decide how much to eat. This may vary every day. Start with a couple of teaspoons.
- ▶ Introduce iron-rich foods first. Introduce a variety of foods in any order and at any rate that suits your baby.
- ▶ Start in the morning - a potentially unsettled stomach is easier to deal with during the day rather than at night.
- ▶ Solid foods are best fed from a small spoon until baby can eat finger foods.
- ▶ Baby's bowel actions will usually become thicker and may change colour once started on solids.
- ▶ All babies are individuals and learn to eat at different rates. If baby refuses a food once retry in a day or two.
- ▶ Increase the texture of food from smooth to mashed, to finger foods, to encourage chewing.
- ▶ Home prepared food is healthier, fresher and more affordable.
- ▶ It helps your baby to learn about individual tastes and textures.
- ▶ Always supervise infants and children when eating.

Solid foods are best fed from a small spoon until baby can eat finger foods



PER SERVE  
\$0.72

## Recipe

**Serves** 2

**Time** 25 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 50g chicken breast, cut into small pieces
- ▶ 1 small carrot, peeled and diced
- ▶ ¼ cup broccoli
- ▶ Water

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Chicken breast	50g	\$0.50
Carrot	1	\$0.34
Broccoli	¼ Cup	\$0.60
<b>Total Cost</b>		<b>\$1.44</b>

### METHOD

- 1 Chop chicken into small pieces
- 2 Peel carrots and chop into small cubes
- 3 Wash and chop broccoli into small florets
- 4 Put all ingredients into a saucepan and just cover with water. Simmer gently until the chicken is cooked through and the vegetable are tender
- 5 Drain the water (reserving the broth) and puree in a food processor
- 6 Add some broth back to create a thinner texture if necessary

### OPTIONAL

- ▶ You may not need to puree this mixture – depending on your child’s developmental stage

Start in the morning - a potentially unsettled stomach is easier to deal with during the day rather than at night.



PER SERVE  
\$0.27

## Recipe

**Serves** 4-8

**Time** 15 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 2 cups of any vegetable (this could include)
- ▶ Broccoli
- ▶ Cauliflower
- ▶ Carrots
- ▶ Pumpkin
- ▶ Potato
- ▶ Sweet potato
- ▶ Zucchini

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Broccoli	2 cups	\$4.80
Cauliflower	2 cups	\$2.39
Carrots	2 cups	\$1.36
Pumpkin	2 cups	\$1.49
Potato	2 cups	\$1.08
Sweet Potato	2 cups	\$1.59
Zucchini	2 cups	\$2.52
<b>Average cost</b>		<b>\$2.17</b>

### METHOD

1. Wash and peel vegetables (if required) and cut into even sized pieces
2. Steam until soft and mash until there are no lumps.
3. If needed add a small amount of boiled water to the mash.

### NOTES

- ▶ Freeze any left-overs in an ice cube tray and cover. Each cube is equal to a tablespoon which is perfect for baby starting out. Reheat in microwave when required.
- ▶ Steaming on the stovetop, using a pressure cooker and steaming in the microwave are all ideal ways to make baby food. Boiling the vegetables is fine but it will leave your puree less nutritious as the vitamins end up in the cooking water.
- ▶ Use clean and dry utensils and bowls when preparing baby food to ensure good hygiene.

# FINGER FOODS: 8 MONTHS+

AS YOUR BABY MOVES ON FROM PUREED AND MASHED FOODS, FINGER FOOD PROVIDES THE BEST INTRODUCTION TO CHILDREN FEEDING THEMSELVES. TRY THESE IDEAS OUT:

## Fruit and Veg: the original finger foods

Fruit and vegies cut into bite-size pieces are the perfect introduction to finger food. Start with softer fruits, and steam hard vegetables, cooling before serving.



## Bread, toast and sandwiches

Cut toast into strips to make 'soldiers' and serve plain or with cheese and vegemite, mashed avocado or banana. Simple sandwiches cut into triangles or squares with simple fillings like mashed egg with mayonnaise or mashed roasted sweet potato are also good options.



### Foods to serve with vegies

Bite-size pieces of fish, chicken or mini meatballs go great with vegies. Shell hard-boiled eggs and cut into quarters, or make a thin egg omelette. Cooked pasta and chunks of cheese can be served plain or with a simple bolognese sauce.



## PIKELETS RECIPE

### INGREDIENTS

- ▶ 1 cup plain flour
- ▶ 2 teaspoons baking powder
- ▶ 1 tablespoon sugar
- ▶ 1 cup reduced fat milk
- ▶ 1 egg
- ▶ 1 teaspoon vanilla
- ▶ Spray oil
- ▶ Optional: ½ cup frozen berries



### METHOD

- 1 Mix together flour, baking powder and sugar in a large bowl until combined.
- 2 Make a well in the centre of the flour mix, adding the egg, milk and vanilla and whisk well until smooth. Mix in berries if using.
- 3 Spray a pan with oil on medium heat.
- 4 Spoon small amounts into the pan, allowing room for spreading
- 5 When bubbles appear, turn the pikelets over and remove from pan once golden

### NOTES

- ▶ Double this recipe for the whole family to enjoy
- ▶ These pikelets can be made ahead of time and frozen for later



A balanced lunchbox should include a source of protein, a starchy food, vegetables, fruit and dairy. Keep lunchboxes cool with an ice pack or a frozen water bottle.





# LUNCHBOX LIFESAVERS



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Zucchini	1 ½ medium	\$1.89
Carrot	1 ½ medium	\$0.51
Reduced fat cheese	½ cup (approx 100g)	\$1.29
Creamed corn	125g can	\$0.75
Reduced fat milk	¾ cup	\$0.25
Egg	1	\$0.25
<b>Total for 12 muffins</b>		<b>\$4.94</b>
<b>Pantry Items</b>		
Cooking Oil	Spray can	\$2.40
Self-raising flour	1kg	\$0.75
Baking powder	125g	\$2.30
<b>Pantry Total</b>		<b>\$5.45</b>

PER MUFFIN  
\$0.41

## Recipe

**Makes** 12

**Time** 40 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 2 cups self-raising flour
- ▶ 1 ½ cups lightly packed grated zucchini
- ▶ 1 ½ cups lightly packed grated carrot
- ▶ ½ cup grated reduced fat cheese
- ▶ ¼ cup olive oil
- ▶ 125g can creamed corn
- ▶ ¾ cup reduced fat milk
- ▶ 1 large egg
- ▶ Canola oil spray

### METHOD

1. Preheat oven 190°C
2. Sift flour into a large bowl, stir in zucchini, carrot and cheese.
3. Whisk together oil, creamed corn, milk and egg in a separate bowl. Add to flour mixture and stir until ingredients are just combined.
4. Grease a 12 hole muffin pan with cooking spray and spoon in mixture evenly.
5. Bake in oven for 25-30 minutes or until muffins are light golden and just firm to touch.

### NOTES

- ▶ Make a batch on the weekend and freeze in plastic wrap, ready for the week ahead.
- ▶ If you can't have eggs at your child's school or kindergarten, try egg replacer powder, available in the health food section of most supermarkets.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Reduced fat milk	$\frac{3}{4}$ cup	\$0.25
Eggs	2	\$0.50
Bananas	2	\$1.26
Apple	1	\$1.08
<b>Total for Recipe</b>		<b>\$3.09</b>
<b>Pantry Items</b>		
Cooking Oil	Spray can	\$2.40
Plain Flour	1kg	\$0.75
Baking powder	125g	\$2.30
Brown sugar	500g	\$1.86
<b>Pantry Total</b>		<b>\$7.31</b>

PER SERVE  
\$0.26

## Recipe

**Serves** 12

**Time** 70 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ Canola oil spray
- ▶ 2 cups plain flour
- ▶ 4 tsp baking powder
- ▶ ½ tsp ground cinnamon
- ▶ ⅓ cup brown sugar, lightly packed
- ▶ ¾ cup reduced fat milk
- ▶ 2 eggs, lightly beaten together
- ▶ 1 cup (2 large) mashed bananas
- ▶ 1 large apple, peeled and grated

### METHOD

- 1 Preheat oven 170°C
- 2 Grease a 7cm deep 14x24cm loaf pan with cooking spray then line with baking paper.
- 3 Sift the flour, baking powder, and cinnamon into a large bowl.
- 4 Stir in the sugar and make a well in the centre.
- 5 Add the milk, eggs, banana and apple and stir gently until combined.
- 6 Pour the batter into loaf pan and smooth the surface.
- 7 Bake for 50-60 minutes or until a skewer inserted into the centre comes out clean.

### NOTES

- ▶ Slice into portions and individually wrap in plastic wrap and freeze for the week.
- ▶ These also make great muffins. Just spray muffin tin with canola spray and divide mixture between muffin holes and bake for 15-20 minutes or until a skewer inserted comes out clean. These can also be frozen.
- ▶ If nuts are ok, add ¾ cup chopped nuts at Step 3.
- ▶ If you can't have eggs at your child's school or kindergarten, try egg replacer powder, available in the health food section of most supermarkets.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Wholegrain bread	4 slices	\$0.48
Eggs	2	\$0.50
Lettuce	¼	\$0.75
Tuna -spring water	185g	\$1.70
Cucumber	1/2	\$1.99
<b>Total for 2 serves</b>		<b>\$5.42</b>

## Pantry Items

Wholegrain mustard	175g	\$2.20
Mayonnaise - low fat	420g	\$3.73
Pepper	1 grinder	\$3.15
<b>Pantry Total</b>		<b>\$9.08</b>

PER SERVE  
\$2.71

## Recipe

**Serves** 2 sandwiches

**Time** 15 minutes

**Skills** ★☆☆

### INGREDIENTS

#### EGG + LETTUCE

- ▶ Wholegrain bread x 2 slices
- ▶ 2 Eggs, hard boiled
- ▶ ½ teaspoon Wholegrain mustard (optional)
- ▶ 1 tablespoon low fat Mayonnaise
- ▶ ¼ Lettuce, finely chopped
- ▶ Pepper

#### TUNA + CUCUMBER

- ▶ Wholegrain bread x2 slices
- ▶ 185g tuna in spring water, flaked
- ▶ 1 tablespoon low fat mayonnaise
- ▶ ½ cucumber (finely sliced)

### METHOD

#### EGG + LETTUCE

1. Boil eggs for 8 minutes, remove shell and mash
2. Add mayonnaise, mustard and pepper to eggs and mix
3. Spoon the mixture on top of the bread and add chopped lettuce
4. Top with another slice of bread
5. Cut sandwiches into fingers or triangles

#### TUNA + CUCUMBER

1. Drain tuna and flake with a fork
2. Add the mayonnaise and mix
3. Slice the cucumber finely
4. Spoon tuna mixture onto bread and add sliced cucumber
5. Top with another slice of bread
6. Cut sandwiches into fingers or triangles



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Chickpeas	2 x 400g	\$1.60
Lemons	2	\$1.60
Pita bread	5 packet (500g)	\$3.85
<b>Total for 4 serves</b>		<b>\$7.05</b>

## Pantry Items

Olive Oil	500ml	\$3.00
Paprika	38g	\$2.15
Garlic - minced	250g	\$1.42
<b>Pantry Total</b>		<b>\$6.57</b>



PER SERVE  
**\$1.75**

## Recipe

**Serves** 4

**Time** 15 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 2 x 400g canned chickpeas, rinsed, drained
- ▶ 2 tablespoons olive oil
- ▶ ¼ cup (125ml) lemon juice
- ▶ ½ teaspoon minced garlic
- ▶ (from about 2 lemons)
- ▶ 1 teaspoon paprika
- ▶ 1 packet pita bread - wholemeal

### METHOD

#### Pita Chips

- 1 Pre-heat oven to 180°C and spray baking tray with cooking oil or line with baking paper
- 2 Chop pita bread into triangle shaped pieces (as big or small as you like)
- 3 Spread a layer of pita triangles onto the baking tray and bake in the oven for 10 minutes, turning after 5 minutes. Remove from the oven once crispy and put to side for later

#### HUMMUS DIP

- 4 Drain and rinse the chickpeas
- 5 Squeeze lemon juice
- 6 Crush garlic cloves
- 7 Place chickpeas, lemon juice, garlic, olive oil and 2-3 tablespoons water in food processor and mix until smooth (you can also use a hand held blender).
- 8 Sprinkle paprika and drizzle with small amount of oil
- 9 Serve with vegetable sticks and pita chips

#### OPTIONAL

- ▶ You can replace fresh lemon juice with bottled juice to reduce the cost of the recipe

#### NOTES

- ▶ Pita chips go stale quickly, so cook when needed.
- ▶ Hummus is a versatile dip that can be eaten on its own or used as spread on crackers or sandwiches and wraps
- ▶ Store any leftover hummus in an airtight container in the fridge and eat as a healthy snack with vegetable sticks



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Apples	2	\$2.16
Dates - pitted	2 cups	\$0.81
Muesli	2 cups	\$0.63
<b>Total for 15 serves</b>		<b>\$3.60</b>
<b>Pantry Items</b>		
Cooking Oil	1 spray can	\$2.40
Plain flour	1 kg	\$0.75
Margarine	500ml	\$2.48
<b>Pantry Total</b>		<b>\$6.95</b>

PER SERVE  
\$0.24

## Recipe

**Serves** 15

**Time** 40 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ Cooking oil spray
- ▶ 2 medium apples, grated
- ▶ ½ cup water
- ▶ ¼ cup margarine
- ▶ 2 cups dates, pitted
- ▶ 2 cups muesli, no added nuts
- ▶ 1 cup plain flour
- ▶ 1 tsp ground cinnamon

### METHOD

1. Preheat oven to 180°C.
2. Lightly spray a rectangle or square slice tray with oil.
3. Core and grate apples.
4. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
5. Reduce heat, cover and simmer, stirring occasionally for a further 10 minutes.
6. Whilst apple is cooking mix cinnamon, muesli and flour together.
7. Once the apple mixture is cooked combine all ingredients, and press mixture onto the slice tray.
8. Bake for 20-25 minutes until firm. Cool on the tray before cutting and serving.

### OPTIONAL

- ▶ Add nuts for extra crunch. Just be mindful of potential nut allergies and school lunchbox requirements.
- ▶ Add 2 tablespoons of chocolate drops for a special 'sometimes food' treat.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Sultanas	1 cup	\$1.25
Orange	1	\$1.13
Eggs	2	\$0.50
<b>Total for 15 serves</b>		<b>\$2.88</b>
<b>Pantry Items</b>		
Cooking oil	1 spray can	\$2.40
Self raising flour	1kg	\$0.75
Margarine	500g	\$2.48
Reduced fat milk	3 tbsp	
Castor sugar	500g	\$1.42
<b>Pantry Total</b>		<b>\$7.05</b>

PER SERVE  
\$0.20

## Recipe

**Serves** 15

**Time** 30 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ Cooking spray oil
- ▶ 2 cups self-raising flour
- ▶ 4 tablespoons margarine
- ▶ 1 cup sultanas
- ▶ ½ cup caster sugar
- ▶ Grated zest of 1 orange
- ▶ 2 eggs
- ▶ 3 tablespoons reduced fat milk

### METHOD

- 1 Preheat the oven to 200°C and lightly spray a baking tray
- 2 Sift flour, then with your fingers rub in the margarine until it resembles breadcrumbs.
- 3 Finely grate the peel of one orange (zest)
- 4 Add sultanas, sugar and zest to flour and mix.
- 5 Add eggs and milk and stir until the mixture forms a stiff dough.
- 6 Place small balls of the mixture on the pre-greased baking tray (leave space for the cookies to spread).
- 7 Bake for 15-20 minutes until golden brown and allow to cool before serving

### OPTIONAL

- ▶ You can add any dried fruit to the recipe. Dates, apricots and mixed dried fruit taste great.

### NOTES

- ▶ Store rock cakes in a air tight container to keep for longer and prevent them from going stale



PER SERVE  
\$1.46

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 400g can of tuna in spring water, drained
- ▶ 2 spring onions, sliced finely
- ▶ 1 cup breadcrumbs
- ▶ 1 tablespoon canola or olive oil
- ▶ 2 eggs beaten
- ▶ 1 stick celery, chopped finely
- ▶ 1-2 teaspoons sweet chilli sauce

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Tuna in spring water	425g can	\$4.39
Spring Onions	2	\$0.65
Eggs	2	\$0.50
Celery	1 stick	\$0.30
<b>Total for 4 serves</b>		<b>\$5.84</b>

Pantry Items		
Olive Oil	500ml	\$3.00
Sweet chilli sauce	500ml	\$2.00
Breadcrumbs	500g	\$1.71
<b>Pantry Total</b>		<b>\$6.71</b>

### METHOD

1. Using a fork, break the tuna into flakes. Combine with egg, spring onions, sweet chilli sauce, celery and breadcrumbs.
  2. Make into patties about the size of an egg.
  3. Heat a little of the oil in a frying pan and cook in batches until golden brown, about two minutes each side.
- ▶ These are great served hot straight from the pan. For a snack, pop in a wholegrain dinner roll with lettuce, tomato and low fat cheese.



Creating a delicious lunch at home doesn't have to be hard. Try these kid friendly lunches that are not only quick and easy, but healthy too.





# LUNCH AT HOME



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Chicken breasts x2	400g	\$4.00
<b>Total for 4 serves</b>		<b>\$4.00</b>

Pantry Items		
Peanut butter	375g	\$3.18
Soy sauce	275ml	\$4.36
Lime juice	250ml	\$1.42
Garlic - minced	250g	\$1.42
Honey	375g	\$5.28
Curry powder	50g sachet	\$2.04
<b>Pantry Total</b>		<b>\$17.70</b>

PER SERVE  
\$1.00

## Recipe

**Serves** 4

**Time** 15 minutes (plus at least 30 mins marinating time)

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 2 chicken breasts, skin removed, cut into strips
- ▶ 3 tablespoons peanut butter
- ▶ 2 tablespoons soy sauce
- ▶ 3 tablespoons lime or lemon juice (approx 1 fresh or bottled juice)
- ▶ 2 teaspoons minced garlic
- ▶ 3 tablespoons honey
- ▶ 1 ½ tablespoons curry powder
- ▶ Optional: sesame seeds
- ▶ 12 wooden skewers (soaked in water to prevent burning)

### METHOD

- 1 Cut chicken into strips
- 2 Squeeze juice from lime or lemon, crush garlic and combine in a bowl with soy sauce, peanut butter, honey and curry powder
- 3 Marinade meat in the bowl for at least 30 minutes.
- 4 Place meat on skewers and grill for 3-4 minutes on each side.
- 5 Sprinkle with sesame seeds (optional) and serve with rice and vegetables or salad

### NOTES

- ▶ If you don't have a grill, you can also BBQ or bake the chicken – just ensure it is cooked through before serving
- ▶ Try making wraps by taking the cooked chicken off the skewers and adding salad.
- ▶ Chicken Satay skewers also makes great finger food
- ▶ You can also marinade chicken overnight in the fridge to make this recipe quicker



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Onion	1	\$0.54
Potato	1 medium	\$0.30
Carrot	1	\$0.34
Peas	½ cup	\$0.70
Puff Pastry	2 sheets	\$1.08
Reduced fat milk	1/4 cup	\$0.25
<b>Total for 4 serves</b>		<b>\$3.21</b>
<b>Pantry Items</b>		
Garlic -minced	1 jar (250g)	\$1.42
Curry Powder	50g	2.04
Vegetable Oil	750ml	\$2.25
<b>Pantry Total</b>		<b>\$5.71</b>

PER SERVE  
\$0.80

## Recipe

**Serves** 4

**Time** 45 minutes

**Skills** ★★★

### INGREDIENTS

- ▶ 1 tablespoon of vegetable oil
- ▶ 1 onion, sliced
- ▶ 1 teaspoon minced garlic
- ▶ 1 medium potato, diced
- ▶ 1 carrot, diced
- ▶ ¼ cup water
- ▶ ½ cup peas
- ▶ 2 sheets puff pastry, defrosted
- ▶ ¼ cup reduced fat milk
- ▶ 1 teaspoon curry powder

### METHOD

- 1 Defrost frozen puff pastry (in the fridge for 1 hour).
- 2 Prepare all vegetables as above.
- 3 Place a saucepan over a medium heat and add oil and fry onions, stirring occasionally.
- 4 Add the minced garlic and stir for 2 minutes.
- 5 Add the potatoes, carrots and water to the pan. Once tender, add the green peas and curry powder. Cook over a high heat, stirring regularly until the vegetable mixture is quite dry. Remove from the heat, transfer to a plate and set aside to cool.
- 6 Preheat the oven to 180°C
- 7 Unwrap the pastry on a chopping board and cut in half (lengthways)
- 8 Spoon the curried vegetable mix along one of the long sides of the pastry
- 9 Using a pastry brush dipped in milk, brush the edges of the prepared sheet lightly.
- 10 Roll the pastry into a long sausage shape and press the edges gently together.
- 11 Cut the roll into 5cm long parcels and place onto a baking tray.
- 12 Dip the pastry brush into the milk and use to brush the top of the puffs.
- 13 Bake for 12-15 minutes, or until the puff pastry has fluffed up nicely and is golden brown.
- 14 Serve the curry puffs warm.

### OPTIONAL

- ▶ Left over vegetables taste great in curry puffs too (just reheat with spices in a frypan)
- ▶ You can also add cooked mince meat or chicken to the vegetable mixture

### NOTES

- ▶ Get the kids involved with rolling up the pastry and brushing on the egg mixture



PER SERVE  
**\$1.00**

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ Cooking spray oil
- ▶ 1 capsicum - red or green
- ▶ 4 eggs
- ▶ 4 slices whole grain bread
- ▶ 1 cup baby spinach

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Capsicum - red or green	1	\$1.50
Eggs	4	\$1.00
Bread - wholegrain	4 slices	\$0.48
Baby spinach	1 cup	\$1.00
<b>Total for 4 serves</b>		<b>\$3.98</b>

Pantry Items		
Cooking oil	1 spray can	\$2.40
Pepper	1 grinder	\$3.15
<b>Pantry Total</b>		<b>\$5.55</b>

### METHOD

- 1 Cut capsicum into rings (about 2 cm thick)
- 2 Pre heat a fry pan and spray with cooking oil
- 3 Once hot add capsicum rings to the pan, cook for 2-3minutes and flip over
- 4 Crack one egg into each capsicum ring and fry for 4 minutes, or until egg is cooked
- 5 Meanwhile, toast bread
- 6 Once eggs are cooked to your liking, top bread with baby spinach and capsicum ring egg
7. Season with pepper and serve





PER SERVE  
\$3.11

## Recipe

**Serves** 4**Time** 30 minutes**Skills** ★☆☆

### INGREDIENTS

- ▶ 4 wholemeal pita breads
- ▶ 4 tablespoons reduced-salt tomato paste
- ▶ 250g reduced fat cheese, grated
- ▶ 1 capsicum, thinly sliced
- ▶ 2 tomatoes, sliced
- ▶ 8 mushrooms, sliced

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Pita bread - wholemeal	5 pack	\$3.65
Tomato paste	1 tub	\$1.54
Cheese -reduced fat	250g	\$4.40
Capsicum -red	1	\$2.55
Tomatoes	2	\$1.22
Mushrooms	8	\$2.20
<b>Total for 4 serves</b>		<b>\$15.55</b>

### METHOD

- 1 Prepare vegetables as above
- 2 Spread the pita bread with tomato paste to make the pizza base
- 3 Arrange remaining ingredients on top and sprinkle with cheese
- 4 Heat under grill or hot oven for 10 -15 minutes or until cheese is melted and golden

### OPTIONAL

- ▶ Alternative toppings include feta cheese and baby spinach, cherry tomatoes, olives and fresh basil (put the basil on before serving, do not cook) or thinly sliced ham or other lean meat and pineapple.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Chicken Mince	500g	\$5.90
Egg	1	\$0.25
Ricotta- low fat	200g	\$3.70
Pastry - puff	4 sheets	\$2.16
<b>Total for 28 Rolls</b>		<b>\$12.01</b>
Pantry Items		
Mixed herbs	25g sachet	\$1.54
Pepper	55g grinder	\$3.15
Breadcrumbs	500g	\$1.71
Garlic - minced	250g	\$1.42
<b>Pantry Total</b>		<b>\$7.82</b>

PER ROLL  
\$0.21

## Recipe

**Serves** 56 small rolls

**Time** 40 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 500 g chicken mince
- ▶ 200 g smooth low fat ricotta cheese
- ▶ ¾ cup breadcrumbs
- ▶ 1 tablespoon mixed herbs
- ▶ ½ teaspoon minced garlic
- ▶ Pepper, to taste
- ▶ 4 sheets frozen puff pastry, defrosted
- ▶ 1 egg

### METHOD

- 1 Defrost puff pastry as directed on the packet.
- 2 Preheat oven to 180°C.
- 3 In a bowl, mix together the breadcrumbs, chicken mince, 1 egg, ricotta, mixed herbs and season with pepper.
- 4 Cut pastry sheets in half.
- 5 Place 1/8 of mince filling onto the long side of the pastry (forming a log). Then roll up pastry pressing to keep a straight roll. Wet the edge of pastry with a little milk to seal.
- 6 Place the roll (seam side down) onto a chopping board and repeat with remaining filling and pastry.
- 7 Before baking cut each roll into 7 equal parts and brush milk onto the sausage rolls (using a pastry brush).
- 8 Place on a baking tray lined with baking paper
- 9 Bake in an oven for 15-20 minutes or until golden and cooked through.

### OPTIONAL

- ▶ Try adding extra vegetables such as finely chopped or blended carrot and celery to the chicken mince mixture.
- ▶ You can also add fresh herbs such as basil to the chicken mince for extra taste and sesame seeds sprinkled on top for presentation.

### NOTES

- ▶ This recipe freezes well so why not double or triple the ingredients and freeze the rest for later.



PER SERVE  
\$1.08

## Recipe

**Serves** 4

**Skills** ★☆☆

### INGREDIENTS

- ▶ 200 g sweet potato, peeled and cut into 2cm thick chips
- ▶ 200 g potato, scrubbed and cut into 2cm thick chips
- ▶ 200 g carrots, peeled and cut into 2cm thick chips
- ▶ 200 g parsnips, peeled and cut into 2cm thick chips
- ▶ 1 tablespoon sesame seeds
- ▶ ½ tablespoon sweet paprika

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Sweet potato	200g	\$0.80
Potato	200g	\$0.60
Carrots	200g	\$0.40
Parsnips	200g	\$2.52
<b>Total for 4 serves</b>		<b>\$4.32</b>

Pantry Items		
Sesame seeds	100g	\$2.64
Sweet paprika	100g	\$2.15
<b>Pantry Total</b>		<b>\$4.75</b>

### METHOD

1. Preheat oven to 200°C. Lightly spray baking tray with oil.
2. Peel and cut vegetables into thick wedges or chips.
3. Boil/microwave wedges for 5 minutes, until partially cooked/ slightly soft.
4. Arrange vegies on baking tray. Spray with oil and sprinkle with half the sesame seeds and paprika. Turn chips, spray again with oil and sprinkle with remaining sesame seeds and paprika.
5. Bake for 30 minutes, or until golden and crisp.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Zucchini	4	\$ 5.04
Shaved Ham - low fat	100g	\$3.22
Carrot	1	\$0.34
Brown Rice - microwavable	250 g (small packet)	\$1.60
Tasty cheese - extra light	200g	\$2.59
<b>Total for 4 serves</b>		<b>\$12.79</b>

PER SERVE  
\$3.20

## Recipe

**Serves** 4

**Time** 40 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 4 medium zucchinis, halved
- ▶ 100g shaved ham, finely chopped
- ▶ 1 large carrot, grated
- ▶ 250 g microwaveable brown rice
- ▶ 200g extra light tasty cheese - grated

### METHOD

- 1 Preheat oven to 180°C
- 2 Chop each zucchini in half length ways
- 3 Scoop out the soft inside flesh of the each zucchini half. Set this aside to use later
- 4 Grate carrot and cheese
- 5 Finely chop ham
- 6 Microwave brown rice as directed on packet. Once cooked mix in ham and grated carrot and zucchini flesh.
- 7 Place zucchini 'boats' in a single layer on a baking-paper lined baking tray. Fill boats with carrot, zucchini flesh and ham.
- 8 Top with grated cheese and bake for 30 minutes or until cheese is melted and zucchini is cooked through.
- 9 Let cool 5 minutes.

### OPTIONAL

Try adding a little parmesan cheese on top for extra flavour



Dinner time is a great chance  
to sit down as a family and  
talk about your day





# FAMILY DINNERS



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Onion - brown	1 small	\$0.55
Chicken - breast	200g (1 fillet)	\$2.00
Mixed vegetables - frozen	2 cups	\$2.75
Baby spinach	100g	\$1.70
<b>Total for 4 serves</b>		<b>\$7.00</b>
<b>Pantry Items</b>		
Oil - olive	500ml	\$4.00
Curry paste	210g	\$4.24
Black pepper	1 grinder	\$3.15
Stock powder - salt reduced	1 packet	\$3.25
Basmati Rice	1kg	\$3.32
<b>Pantry Total</b>		<b>\$17.96</b>

PER SERVE  
**\$1.75**

## Recipe

**Serves** 4

**Time** 40 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 1 teaspoon oil
- ▶ 1 small brown onion, chopped
- ▶ 1 skinless chicken breast fillet, cut into chunks
- ▶ 2 teaspoons curry paste (try massaman or butter chicken)
- ▶ ½ cup basmati rice
- ▶ 1 teaspoon salt reduced vegetable stock powder and 2 cups of water
- ▶ 3 cups frozen mixed vegetables
- ▶ 2 cups baby spinach
- ▶ Black pepper

### METHOD

- 1 Chop onion finely and chicken into chunks
- 2 Heat the oil in a frying pan, then fry the onion for 3-4 minutes until softened
- 3 Add the chicken pieces, fry for a further couple of minutes just to colour the outside, then stir in curry paste and rice. Cook for another minute
- 4 Meanwhile, add stock powder to water and stir
- 5 Pour in the stock mixture and add the frozen veg. Bring to the boil, lower the heat, then cover the pan with a lid. Cook for 10 minutes. Stirring occasionally.
- 6 Scatter over the spinach, cover, then cook for another 10 minutes until all the stock is absorbed and the rice is tender
- 7 Take off heat and stir and season with pepper to taste

### OPTIONAL

- ▶ You can add almost any vegetable to a pilaf, just ensure they are chopped small enough to cook in the same time as the rice.

### NOTES

- ▶ This is a great meal to revive any leftover vegetables



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Red onion	1 medium	\$0.80
Vegetables - frozen	4 cups	\$1.50
BBQ chicken	1 ½ cups shredded	\$10.00
Eggs	8	\$2.00
<b>Total for 4 serves</b>		<b>\$14.30</b>
<b>Pantry Items</b>		
Pepper	1 grinder	\$3.15
Vegetable oil	750ml	\$2.25
Cooking oil	1 spray can	\$2.40
<b>Pantry Total</b>		<b>\$7.80</b>

PER SERVE  
\$3.57

## Recipe

**Serves** 4

**Time** 30 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 1 tablespoon olive oil
- ▶ 1 red onion, finely chopped
- ▶ Cooking oil spray
- ▶ 4 cups frozen vegetables, defrosted and cooked
- ▶ 1 ½ cups shredded BBQ chicken, skin removed
- ▶ 8 medium eggs, lightly beaten
- ▶ Black pepper to season
- ▶ Optional: Parmesan cheese, grated

### METHOD

- 1 Finely chop the onion
- 2 Microwave frozen vegetables for 3-4 minutes or until just cooked and slightly soft.
- 3 Meanwhile remove skin from pre-cooked chicken and shred into small pieces
- 4 Lightly beat 8 eggs into a bowl and season with pepper
- 5 Pre-heat oven grill on high
- 6 Heat the oil in a deep sided frying pan, cook the onion until golden. Remove onion from pan and spray the sides and bottom of the pan with cooking oil
- 7 Return onion to the pan and add pre-cooked frozen vegetables and chicken to the pan
- 8 Pour the beaten eggs over and season with pepper
- 9 Cook the frittata over low to medium heat on the stove until nearly cooked through.
- 10 To cook the top of the frittata place under the grill until the top is golden. Serve with grated parmesan.

### OPTIONAL

- ▶ To reduce the cost of this recipe try replacing BBQ chicken with left-over chicken or meat or roughly chopped ham, just ensure left-over meat is reheated to a safe temperature
- ▶ You can even re-invent any leftover vegetables by replacing the frozen vegetables



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Chicken - breasts skinless	400g	\$6.00
Egg	1	\$0.25
<b>Total for 4 serves</b>		<b>\$6.30</b>
<b>Pantry Items</b>		
Breadcrumbs	500g packet	\$1.71
Pepper	1 grinder	\$3.15
Vegetable Oil	750ml	\$2.25
<b>Pantry Total</b>		<b>\$7.11</b>

PER SERVE  
**\$1.57**

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 2 chicken breasts (400g), skin removed and chopped into small chunks
- ▶ 1 cup breadcrumbs
- ▶ 1 egg, beaten
- ▶ Pepper
- ▶ 2 tablespoons vegetable oil

### METHOD

- 1 Chop chicken into small bit sized pieces.
- 2 Beat egg in a bowl.
- 3 Place crumbs onto a plate and season with pepper.
- 4 Dip each piece of chicken into beaten egg, then into crumbs coat evenly.
- 5 Heat oil in pan, add chicken pieces to pan and fry until golden.
- 6 Transfer to an oven tray and bake for 15 mins until piping hot and chicken is completely white.

### OPTIONAL

- ▶ Cornflakes make a tasty alternative to breadcrumbs - just crush them up finely
- ▶ You can also puree the raw chicken in a food processor (add an egg to bind it together) and roll into balls before crumbing. This texture may be more familiar to fussy eaters.

### NOTES

- ▶ To serve as a meal for the whole family add salad and vegie chips (see page 44) or mashed potato and vegetables



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Eggs	3	\$0.75
Chicken breast	400g	\$4.00
Onion	1	\$0.54
Capsicum - red or green	1	\$1.50
Peas and Corn - canned	410g	\$1.97
Carrot	1	\$0.34
<b>Total for 6 serves</b>		<b>\$9.10</b>
<b>Pantry Items</b>		
Cooking oil	1 spray can	\$2.40
Rice	2kg	\$4.36
Soy sauce	275ml	\$1.93
Oyster sauce	300ml	\$2.31
<b>Pantry Total</b>		<b>\$11.00</b>



PER SERVE  
**\$1.52**

## Recipe

**Serves** 6

**Time** 45 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 2 cup rice
- ▶ 3 eggs, beaten
- ▶ Olive or canola oil spray
- ▶ 2 chicken breasts (400g), skin removed and diced
- ▶ 1 onion, diced
- ▶ 1 capsicum - red or green, seeded, finely diced
- ▶ 1 can mixed corn and peas
- ▶ 1 carrot, finely diced
- ▶ 3 tablespoons reduced-salt soy sauce
- ▶ 1 tablespoon oyster sauce

### METHOD

1. Cook rice following packet directions, drain and put in the fridge to cool (you can also use left over rice from the day before).
2. Lightly spray a heated non-stick pan with oil and pour in eggs, breaking up with a spatula as they cook (like scrambled eggs). Transfer to a plate and set aside.
3. Lightly spray the same pan with oil and cook chicken and onion until golden. Add carrot and cook until soft. Then add capsicum and peas and corn.
4. Once vegetables are soft, add rice, egg, soy sauce and oyster sauce and mix through
5. Serve hot.

### OPTIONAL

- ▶ For quick fried rice you can use a packet of mixed frozen vegetables and microwavable packet rice. However, this will increase the cost of the recipe.
- ▶ You can also use leftover chicken, finely sliced beef, ham or prawns in this recipe
- ▶ For a vegetarian version replace meat with Tofu



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Lean Beef Mince	300g	\$4.00
Onion	1	\$0.50
Carrot	1	\$0.34
Zucchini	1	\$1.25
Celery	2 sticks	\$0.34
Mushrooms	100g	\$1.00
Diced Tomatoes	400g can	\$0.80
Spaghetti	500g	\$1.00
<b>Total for 4 serves</b>		<b>\$8.92</b>
<b>Pantry Items</b>		
Olive Oil	500ml	\$4.00
Garlic - minced	250g	\$1.50
<b>Pantry Total</b>		<b>\$5.50</b>

PER SERVE  
\$2.23

## Recipe

**Serves** 4

**Time** 30 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 1 teaspoon olive oil
- ▶ 300g lean mince beef
- ▶ 1 teaspoon minced garlic
- ▶ 1 carrot - grated
- ▶ 1 onion - chopped
- ▶ 1 zucchini, grated
- ▶ 2 stalk celery, finely chopped
- ▶ 100g Mushrooms, finely chopped
- ▶ 1 can diced tomatoes
- ▶ 250g packet of spaghetti

### METHOD

#### SAUCE

1. Heat oil in a large saucepan over medium-high heat.
2. Add mince, onion and garlic. Cook, stirring with a wooden spoon to break up mince, for 5–6 minutes, until browned.
3. Add grated vegetables - carrot, zucchini, celery and mushrooms to meat sauce
4. Cook, stirring, for 5 minutes, until vegetables are tender.
5. Add can of tomatoes. Reduce heat to medium-low. Simmer for 15 minutes, until sauce has thickened

#### PASTA

6. Boil water in a large saucepan
7. Add spaghetti to boiled water
8. Stir pasta every few minutes. Cook for 10 minutes or as directed on packet.
9. Drain pasta and serve with meat sauce

#### NOTES

- ▶ Try this recipe as a Shepherd's Pie by placing the meat sauce in an oven proof Dish and top with mashed potato. Sprinkle with a little grated cheese and bake in the oven for 20mins at 280 degrees.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Pumpkin	¼ pumpkin (500g)	\$1.07
Pasta elbows	400g	\$0.80
Cheese - low fat	1 ½ cup	\$2.64
Parmesan Cheese	½ cup	\$2.14
Corn kernels	200g	\$0.55
<b>Total for 4 serves</b>		<b>\$7.20</b>
<b>Pantry Items</b>		
Margarine	500g	\$2.48
Plain flour	2kg	\$1.50
Milk - low fat	2L	\$2.00
Stock powder - salt reduced	1 packet	\$3.25
<b>Pantry Total</b>		<b>\$9.23</b>

PER SERVE  
**\$1.80**

## Recipe

**Serves** 4

**Time** 50 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 400g pasta elbows
- ▶ ¼ whole pumpkin, peeled, diced
- ▶ 50g margarine
- ▶ 3 tablespoon plain flour
- ▶ 2 cups low fat milk
- ▶ 1 ½ cups low-fat cheese, grated
- ▶ ½ cup parmesan cheese, grated
- ▶ 1 teaspoon salt reduced vegetable stock powder
- ▶ 1 cup corn kernels (200g can or frozen)

### METHOD

- 1 Peel and dice pumpkin. Add to a saucepan, cover with water and boil until soft.
- 2 Cook pasta as directed on packet
- 3 Drain pumpkin once soft and mash or puree until smooth.
- 4 Cook corn kernels in microwave for 2 minutes on high (if frozen)
- 5 Place a large pot on medium heat
- 6 Melt the butter and add the flour stirring constantly. Cook the flour for 1 minute, being careful not to brown it (you may need to reduce the heat to low).
- 7 Whisk in the milk a little at a time until you have a smooth sauce (will take approximately 5 minutes).
- 8 Now add the grated cheese, parmesan cheese, stock powder and pumpkin.
- 9 When the cheese is all melted into the sauce, add the cooked pasta and stir to coat all the pieces.
- 10 Serve hot with corn kernels sprinkled on top.

### OPTIONAL

- ▶ Try using wholemeal pasta to increase fibre in this recipe.
- ▶ Add pepper or fried onions with garlic to the cheese sauce for extra taste

### NOTES

- ▶ Get the kids involved with grating the cheese, mashing the pumpkin or stirring the ingredients together.
- ▶ For children over 2 years of age low fat dairy is recommended.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Pumpkin	¼ pumpkin (500g)	\$1.07
Baby spinach	1 cup (50g)	\$0.85
Ricotta	250g	\$4.57
Eggs	2	\$0.50
Lasagne sheets fresh	1 packet	\$2.90
Canned tomatoes	400g x2	\$1.60
Cheese	½ cup	\$0.88
<b>Total for 4 serves</b>		<b>\$13.44</b>
<b>Pantry Items</b>		
Oregano - dried	25g sachet	\$1.50
<b>Pantry Total</b>		<b>\$1.50</b>

PER SERVE  
\$3.36

## Recipe

**Serves** 4

**Time** 50 minutes

**Skills** ★★★

### INGREDIENTS

- ▶ ¼ pumpkin, peeled and cubed
- ▶ 1 cup baby spinach
- ▶ 250g extra-light ricotta
- ▶ 2 eggs
- ▶ 1 teaspoon dried oregano
- ▶ 1 packet fresh lasagne sheets
- ▶ 2 x 400g cans no-added-salt chopped tomatoes
- ▶ ½ cup cheese, grated

### METHOD

- 1 Preheat oven to 180°C
- 2 Peel pumpkin and chop into small cubes
- 3 Grate cheese
- 4 Microwave pumpkin (in a microwave safe dish) on high for 6 minutes.
- 5 Once cooled, mash pumpkin with a fork and combine with baby spinach, ricotta, eggs and oregano
- 6 Line an ovenproof dish with baking paper.
- 7 To make cannelloni, place 2 heaped spoonfuls of the pumpkin mixture along the short side of a lasagne sheet, roll up and place in prepared oven dish.
- 8 Repeat with the remaining sheets and filling (should make about 10 rolls).
- 9 Pour canned tomatoes and their juice onto cannelloni and sprinkle with grated cheese
- 10 Bake for 40 minutes, until pasta is cooked and cheese is melted

### NOTES

- ▶ Ensure pasta sheets are covered with tomato sauce so they cook evenly

### OPTIONAL

- ▶ Try replacing baby spinach with peas or corn
- ▶ To make this meal go further try adding a side of salad, especially for older kids and adults



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Arborio Rice	1 ½ cups	\$1.10
Diced Tomatoes	400g can	\$0.80
Basil	¼ cup	\$1.00
Tomato Paste	1 tablespoon	\$0.40
Cheese - low fat	½ cup	\$0.88
Parmesan	¼ cup	\$1.07
<b>Total for 4 serves</b>		<b>\$5.25</b>
<b>Pantry Items</b>		
Garlic - minced	1 jar (250g)	\$1.42
Vegetable stock -salt reduced	1 packet	\$3.25
Pepper	1 grinder	\$3.15
<b>Pantry Total</b>		<b>\$7.82</b>



PER SERVE  
**\$1.31**

## Recipe

**Serves** 4

**Time** 50 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 1 ½ cups Arborio Rice
- ▶ 3 cups water
- ▶ 1 teaspoon salt reduced vegetable stock powder or 1 stock cube
- ▶ 400g can diced tomatoes
- ▶ 1 teaspoon minced garlic or 1 clove, finely chopped
- ▶ 1 tablespoon tomato paste
- ▶ 1 cup low fat tasty cheese, grated
- ▶ ¼ cup grated parmesan cheese
- ▶ Pepper to taste
- ▶ Optional: ¼ cup basil leaves, roughly chopped

### METHOD

1. Preheat oven to 200°C.
2. Dissolve stock in boiling hot water.
3. Finely chop garlic and roughly chop basil.
4. Grate cheese.
5. Mix rice and all other ingredients into an ovenproof dish.
6. Cover with foil or lid and cook for 40 minutes.
7. Remove foil/lid, stir the risotto and return to the oven for a further 5 minutes.
8. Add pepper to taste and serve.

### OPTIONAL

- ▶ Add any leftover vegetables to the risotto once cooked – just make sure they're heated through. Pumpkin, spinach, broccoli and zucchini are yummy additions
- ▶ For extra flavour add a roughly chopped and fried onion to the risotto before baking.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Beef - chuck steak	400g	\$5.40
Onion	1	0.54
Diced tomato	800g can	\$1.50
Kidney beans	400g can	\$0.80
Corn	420g can	\$1.00
Tortilla	12	\$4.28
Iceberg lettuce	1	\$1.50
<b>Total for 6 serves</b>		<b>\$15.02</b>
<b>Pantry Items</b>		
Oil	750ml	\$2.25
Cumin - ground	25g sachet	\$2.09
Paprika	100g sachet	\$2.15
Stock cube	105 g packet	\$3.25
Pepper	Grinder	\$3.15
<b>Pantry Total</b>		<b>\$12.89</b>

PER SERVE  
\$2.50

## Recipe

**Serves** 6

**Time** 2 ½ hours

**Skills** ★★★

### INGREDIENTS

- ▶ 400g gravy beef or chuck steak, trimmed of fat
- ▶ 1 tablespoon vegetable oil
- ▶ 1 brown onion, finely chopped
- ▶ 2 teaspoon ground cumin
- ▶ 2 teaspoon sweet paprika
- ▶ 800g can diced tomatoes, no added salt
- ▶ 1 reduced salt beef stock cube
- ▶ 1 cup water
- ▶ 400g can kidney beans, no added salt, rinsed and well drained
- ▶ Pepper to season
- ▶ 420g can of corn, rinsed
- ▶ 12 small soft flour tortillas
- ▶ 2 cups iceberg lettuce, roughly chopped

### METHOD

- 1 Cut the beef into long pieces (about 10cm).
- 2 Heat the oil in a large saucepan over medium-high heat until hot. Add the beef and cook for 5 minutes or until brown then remove from pan and place on a plate
- 3 Now, reduce heat to medium, add onion, cumin and paprika and cook, stirring, for 5 minutes until onion is soft.
- 4 Add the beef and any pan juices back to the onion and add tomatoes, beef stock cube, water and kidney beans. Bring to the boil then reduce heat to very low.
- 5 Cover with a tight fitting lid and cook for 2 hours, checking every 30 minutes to make sure beef is not sticking to pan
- 6 After 2 hours remove the beef from the tomato mixture, place on a plate and and shred with two forks.
- 7 Bring the tomato mixture to the boil, uncovered for 10 minutes until sauce reduces slightly.
- 8 Meanwhile, roughly chop the lettuce and cook the corn in the microwave for 2 minutes on high
- 9 Add the shredded beef to the reduced tomato sauce mix and season with pepper.
- 10 Heat the tortillas as per packet instructions, top with corn, a few spoonfuls of beef mixture and lettuce. Then roll up and serve.

### NOTES

- ▶ For a quicker meal use beef mince instead.
- ▶ You can double the amount of ingredients and freeze half or re-invent as leftovers with rice and vegetables or salad.
- ▶ You can also slow cook the beef in the oven for 2 hours at 130°C or in a slow cooker.



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Vegie Packed Bolognese	1	\$8.92
Reduced fat milk	1 $\frac{3}{4}$ cup	\$1.75
Reduced fat cheese	$\frac{3}{4}$ cup	\$1.95
Lasagne	1 packet	\$1.80
<b>Total for 4 serves</b>		<b>\$14.42</b>
<b>Pantry Items</b>		
Cornflour	300g	\$1.50
Pepper	1 jar with grinder 55g	\$3.79
<b>Pantry Total</b>		<b>\$5.29</b>

PER SERVE  
\$2.40

## Recipe

**Serves** 6

**Time** 90 mins total  
(20 mins preparation, 70 mins cooking)

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 1 quantity Vegie Packed Bolognese (page #58)
- ▶ 250g packet lasagne sheets
- ▶ ½ cup reduced fat cheese, grated

### CHEESE SAUCE

- ▶ 2 tablespoons cornflour
- ▶ 1 ¾ cups reduced-fat milk
- ▶ ¼ cup extra-light grated tasty cheese
- ▶ Cracked black pepper, to taste

### METHOD

1. Prepare the Vegie Packed Bolognese as directed on page #58
2. Preheat oven to 180°C.

### CHEESE SAUCE

3. In a small bowl, combine cornflour with ¼ cup of milk, stir until smooth. Set aside.
4. Heat remaining milk in a saucepan until boiling. Add the cornflour mixture, stirring until sauce boils and thickens. Take off heat.
5. Stir through tasty cheese and season with cracked black pepper.

### LASAGNE ASSEMBLY

6. Spread ⅓ of the bolognese sauce on the bottom of a baking dish. Top with lasagne sheets and then ⅓ of the cheese sauce.
7. Repeat, layering twice more. Top with ½ cup grated cheese and bake in the oven for 40-50 min or until golden and lasagne sheets are soft.

### NOTES

- ▶ Serve with a side salad or steamed vegies to make this meal stretch further.
- ▶ The Vegie Packed Bolognese can be made ahead in bulk, with portions frozen to use for spaghetti, shepherd's pie or lasagne.



Desserts are “sometimes” foods that you should eat on special occasions. Try to mix some fruit with every dessert.

A close-up photograph of several pink, cylindrical treats, possibly sorbet or frozen yogurt, resting on a bed of white ice cubes. The treats have a porous, slightly textured appearance with small dark specks, possibly seeds or fruit pieces, embedded within. The background is a soft, out-of-focus light blue.

# SWEET TREATS



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Eggs	2	\$0.50
Ricotta	200g	\$4.62
Apricots - canned in juice	410	\$2.08
<b>TOTAL for 4 serves</b>		<b>\$7.20</b>

Pantry Items		
Flour	1kg	\$0.75
Cooking oil	1 spray can	\$2.40
Salt	grinder	\$3.15
Milk	2 L	\$2.00
<b>Pantry Total</b>		<b>\$8.30</b>



PER SERVE  
**\$1.80**

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 2 cups flour
- ▶ Pinch salt
- ▶ 2 eggs, lightly beaten
- ▶ 1 cup skim milk
- ▶ Cooking oil spray
- ▶ 200g fresh reduced-fat ricotta
- ▶ 410g can apricots, in natural juice, roughly chopped

### METHOD

- 1 Combine flour and salt in a bowl
- 2 Make a well in the centre and carefully stir in eggs and milk using a whisk (make sure there are no lumps in the batter)
- 3 Lightly spray a medium-sized frying pan with oil and leave on medium heat.
- 4 Pour batter into the fry pan to cover the base. Cook until batter sets, about 1-2 minutes (you will see bubbles form on top).
- 5 Using a spatula, carefully flip pancake and cook other side for about 20 seconds.
- 6 Transfer to a plate and keep warm. Repeat to make 8 -10 pancakes.
- 7 Spread 1 tablespoon ricotta along the middle of each pancake and add a few roughly chopped apricot pieces. Roll up gently and repeat with other pancakes

### OPTIONAL

- ▶ Replace apricots with other flavours such as banana and cinnamon, canned pear or berries



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Apples	6	\$6.48
Oranges	2	\$3.00
Sultanas	3 tablespoons	\$0.20
Natural Yogurt - low fat	500g	\$3.30
<b>Total for 6 serves</b>		<b>\$12.98</b>
<b>Pantry Items</b>		
Cinnamon	25g sachet	\$1.32
Cooking oil	1 spray can	\$2.40
Maple Syrup	375ml	\$3.29
<b>Pantry Total</b>		<b>\$7.00</b>

PER SERVE  
\$2.16

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ Canola oil spray
- ▶ 6 apples
- ▶ 3 tablespoons sultanas
- ▶ 1 teaspoon ground cinnamon
- ▶ 1 tablespoon maple syrup
- ▶ 2 oranges, juiced
- ▶ 500ml low fat natural yoghurt

### METHOD

- 1 Preheat oven to 200°C.
- 2 Lightly spray an oven tray with cooking oil
- 3 Cut oranges in half, squeeze the juice and set aside
- 4 Remove the core of the apples (using an apple corer or a sharp paring knife to cut out the core and a little extra from inside each apple)
- 5 Using a knife score the skin of the apple a few times (this stops the skin from bursting during baking)
- 6 In a bowl mix the sultanas, cinnamon, maple syrup and 1 tablespoon of orange juice.
- 7 Spoon the mixture into each apple cavity and place on oven tray.
- 8 Pour over the remaining orange juice.
- 9 Bake for 20 minutes and serve with a spoon of yoghurt.



PER SERVE  
\$2.00

## Recipe

**Serves** 6-8

**Time** 10 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 8 small meringue shells
- ▶ 1 punnet of fresh Strawberries chopped  
OR 2 cups of frozen berries (thawed and mashed)
- ▶ 500ml low fat Greek yoghurt

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Meringue - pre-made	100g packet	\$5.50
Strawberries	1 punnet	\$2.50
Yogurt - Greek low fat	500g	\$3.99
<b>Total for 6-8</b>		<b>\$11.99</b>

### METHOD

- 1 Dollop 2-3 tablespoons of Greek yoghurt into a plastic cup or glass
- 2 Layer strawberries or berries into each glass
- 3 Crumble 1 meringue on top of the yoghurt
- 4 Repeat one more time to layer the ingredients
- 5 Serve and enjoy!

### NOTES

- ▶ This twist on a classic dessert can also make a great party food alternative.
- ▶ Do be light handed with the meringue shells as they are very high in sugar.



PER SERVE  
\$0.69

## Recipe

**Serves** 6

**Time** 15 minute preparation  
Ready in 2 hours

### INGREDIENTS

- ▶ 250 g or half a pineapple, chopped (fresh or canned in juice)
- ▶ ½ cup apple or orange juice
- ▶ 4 cups frozen raspberries (or mixed frozen berries)
- ▶ 1 tablespoon sugar

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Pineapple -fresh	half	1.30
Apple juice	½ cup	0.65
Raspberries - frozen	4 cups	5.00
Sugar	1 tablespoon	0.05
<b>Total for 6 serves</b>		<b>\$ 4.50</b>

### METHOD

- 1 Blend pineapple and raspberries in a blender until smooth.
- 2 Add apple juice and pour into 6 Popsicle moulds or ice-block trays and freeze for at least 2 hours.

### OPTIONAL

- ▶ Replace pineapple with rockmelon or mango - no juice needed
- ▶ Use toothpicks with small ice cube blocks for a fun bite size treat





PER SERVE  
\$1.15

## Recipe

**Serves** 4

**Time** 20 minutes

**Skills** ★☆☆

### INGREDIENTS

- ▶ 1 apple
- ▶ ¼ watermelon
- ▶ 2 kiwi fruit
- ▶ 1 banana
- ▶ 200g low fat vanilla yogurt

### INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Apple	1	\$0.99
Watermelon	¼	\$1.27
Kiwi fruit	2	\$1.00
Banana	1	\$0.45
Vanilla yogurt - low fat	200g	\$0.76
<b>Total for 4 serves</b>		<b>\$4.45</b>

### METHOD

- 1 Remove skin from kiwi fruit and chop into roughly shaped cubes
- 2 Chop apple, watermelon, and banana into similar sized cubes
- 3 Add all fruit pieces to four skewers and refrigerate until ready to eat.
- 4 Add yogurt to a bowl and dip in fruit skewers

### NOTES

- ▶ Choose seasonal fruits to reduce the cost of any fruit based recipe. Most fruits work well with skewers and are a fun way to encourage tasting new fruits
- ▶ Have fun with food and ask the kids to help with the assembly of the fruit on the skewers



## INGREDIENT COSTS

Ingredient	Quantity	Budgeted Cost (Sept 2014)
Arborio Rice	1 cup	\$0.60
Milk - low fat	1.25L	\$1.25
Eggs	2	\$0.50
Berries- mixed frozen	250g	\$2.25
<b>Total for 4 serves</b>		<b>\$4.60</b>
<b>Pantry Items</b>		
Castor sugar	500g	\$1.42
Cornflour	300g	\$1.50
Vanilla Essence	50ml	\$2.90
<b>Pantry Total</b>		<b>\$5.82</b>

PER SERVE  
\$1.15

## Recipe

**Serves** 4

**Time** 50 minutes

**Skills** ★★☆☆

### INGREDIENTS

- ▶ 1 cup Arborio rice (risotto rice)
- ▶ 5 cups (1.25L) low fat milk
- ▶ ½ cup (90g) caster sugar
- ▶ 1 ½ teaspoons cornflour
- ▶ ½ teaspoon vanilla essence
- ▶ 2 egg yolks
- ▶ Optional: 250g frozen berries, defrosted or banana

### METHOD

- 1 Fill a large pot with water and bring to boil
- 2 Add rice and cook 5 minutes then drain the water and return rice to the pan.
- 3 Add 4 cups of milk and sugar to the rice and bring to a boil. Once boiling turn heat down and simmer very slowly for 40 minutes or until pudding is thick and most of the milk has been absorbed.
- 4 In a separate bowl add a small amount of milk to the cornflour to make a thick paste. Then stir this and the vanilla essence into the pudding and cook for approximately 5 minutes, remove from the heat.
- 5 Meanwhile separate egg yolks and stir in the egg yolk and ¼ cup milk.
- 6 Serve pudding in small bowls with chopped banana or berries (defrosted).

### NOTES

- ▶ This recipe can be served warm or chilled with a variety of fruits including fresh fruit or canned fruit such as peaches or apricots
- ▶ Involve the kids in the kitchen and ask them to measure and stir the ingredients.
- ▶ You can add toasted nuts and/or a drizzle of honey to the top of the pudding for extra crunch and presentation



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<b>Bake</b>	Cook food in an oven
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<b>Defrost</b>	To allow food to thaw. This should be done safely in the fridge or microwave. Once food is defrosted it should not be re-frozen.
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<b>Dice</b>	To finely chop food into small and even pieces
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<b>Finger Foods</b>	Refers to food that infants and toddlers can eat with their hands and without needing to be fed with a spoon or fork. These foods are still soft enough to swallow without much chewing
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<b>Fry</b>	To cook food quick in a fry pan. You can 'dry fry' without oil or fat and also 'deep fry' in a lot of liquid oil.
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<b>Grate</b>	To rub food items such as carrot against a sharp grater to produce small particles of carrot
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<b>Mandolin</b>	A kitchen utensil that can be used to thinly slice food to the same width
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<b>Mashed</b>	To achieve this consistency food is squashed and pounded with a masher until almost smooth. There may still be some small lumps
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<b>Minced</b>	To achieve this consistency food is ground, shredded or finely chopped and can be easily swallowed without much chewing
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<b>Peel</b>	To remove the skin from a food item - such as potato, using a knife or food peeler.
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<b>Puree</b>	This term refers to the consistency and texture of a food which has been processed with a food processor or blender until it is very fine with no lumps.
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<b>Season</b>	To add a small amount of salt, pepper, herbs or spices to food. This is typically done once food is cooked.
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<b>Steam</b>	To cook food by heating it in the steam of boiling water. This can be done in a steamer on a stove top or in a microwave and is a preferable cooking method to retain the most nutrition in foods such as vegetables.
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<b>Slice</b>	To cut food a certain thickness
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<b>Zest</b>	Peel or skin of citrus foods used for flavouring
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**Having a simple meal plan will not only help end the frustration of not knowing what to cook for dinner, but will also help save you time and money.**

Be organised and write down your weekly menu with required items before going shopping. This prevents you from forgetting items, buying what you already have at home, impulse buying, and will also make your shop quicker.

Use the sample meal plan below to give you ideas for meals and snacks for your family over a week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LUNCH</b>						
Egg & Lettuce Sandwiches Pg. 22	Tuna Patties Pg. 30	Leftover Chicken Frittata	Leftover Fried Rice	Tuna & Cucumber Sandwiches Pg. 22	Sausage Rolls Pg. 42	Fun Fried Eggs Pg. 38
<b>DINNER</b>						
Chicken & Vegetable Pilaf Pg. 50	Chicken Frittata Pg. 52	Fried Rice Pg. 56	Macaroni Cheese Pg. 60	Pumpkin Cannelloni Pg. 62	Slow Cooked Mexican Beef Pg. 66	Veggie-Packed Spaghetti Bolognese Pg. 58
<b>SNACK</b>						
Cheesy Veggie Muffins Pg. 18 & Fruit	Banana Bread Pg. 20 & Carrot Sticks	Fruit & yogurt	Muesli Bar Pg. 26 & Fruit	Hummus Dip Pg. 24 with Carrot and Cucumber Sticks	Apricot Pancakes Pg. 72	Eton mess Pg. 76



Use this Meal Planning Template to plan your meals for the week. Include some of your current family favourites, along with some new recipes from this cookbook.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH						
DINNER						
SNACK						





### **CONTACTING COUNCIL**

[www.melton.vic.gov.au](http://www.melton.vic.gov.au)

[email: csu@melton.vic.gov.au](mailto:csu@melton.vic.gov.au)

Postal address:

PO Box 21

Melton VIC 3337

### **Melton Township**

Civic Centre

232 High Street

Melton

Tel 9747 7200

Fax 9743 9970

Office Hours

Monday - Friday

8:30 am - 5:00 pm

### **Caroline Springs**

Civic Centre/Library

193-201 Caroline Springs Blvd.

Caroline Springs

Tel 9747 7200

Fax 9363 1491

