Recipes

The following Kids in the Kitchen recipes are from the Go for 2 and 5® website under the Kids Only pages. For additional Go for 2 and 5® recipes and information log on to www.gofor2and5.com.au

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

The Great Australian Bite Cookbook

National Heart Foundation website
www.heartfoundation.org.au/recipes/Pages/default.aspx
Carrot & Walnut Muffins

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

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

**Utensils**
- Muffin tray or 12 paper patty cases
- Large and small mixing bowls
- Wooden spoon
- Measuring cups and spoons
- Whisk or fork
- Metal spoon
- Non-stick cooking spray
Kebabs can be eaten straight off the BBQ or grill, with a tossed salad. They are great for a Sunday lunch or quick dinner during the week. Kebabs make great lunch box food - eat them hot or cold wrapped in pita bread with shredded lettuce (don’t forget to pull out the stick before you eat them). Makes 10 kebabs.

**Ingredients**
- 440 g can of unsweetened pineapple pieces
- 2 tablespoons salt-reduced soy sauce
- 1 clove garlic, crushed
- 1 teaspoon grated ginger
- 500 g beef, steak or other meat such as pork, lamb or chicken
- 1 green capsicum
- 1 onion
- ½ punnet cherry tomatoes
- 10 mushrooms

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

1. If you are using wooden skewers, soak them in water for at least an hour.
2. Drain the pineapple pieces and save the juice.
3. In a bowl, mix together 1/3 cup pineapple juice, soy sauce, garlic and ginger.
4. Trim off any fat you can see on the meat.
5. Cut the meat into cubes. Put meat in a bowl.
6. Pour the juice mixture over the meat. If you have time, allow to stand for 1/2 to 1 hour.
7. Chop the capsicum and onion into cubes. Cut the mushrooms in half.
8. Thread the kebab sticks. First a piece of meat, then pineapple, capsicum, onion, cherry tomato etc.
9. Grill or BBQ kebabs for 8-10 minutes. Turn kebabs over once or twice until cooked.

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Easy Vegie Slice

Makes 4 serves.

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

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

1. Cut the crusts off the bread. Spread bread lightly with margarine.
2. Arrange spread side up on the bottom of a shallow dish.
3. Cut the ham into small pieces. Put in a bowl.
4. Grate the onion and zucchini. Add to the bowl.
5. Add eggs, flour, parsley and cheese. Stir well.
6. Use a fork to beat the egg.
7. Spoon mixture over bread. Cover with plastic wrap.
8. Microwave on MED-HIGH for 8 minutes. Serve hot or cold.
This drink is so thick and frothy it could be eaten as a dessert or snack. Choose very red strawberries for the best flavour. You could also try making different flavoured surprises by using fruits such as peaches, apricots, bananas or pineapple or flavoured yogurts. You should drink your ‘surprise’ straight away. Makes 1 cup.

**Ingredients**
- ¾ cup low-fat milk
- ½ cup low-fat strawberry yogurt
- ½ punnet strawberries
- Pinch of cinnamon

**Utensils**
- Chopping board and knife
- Measuring cups
- Blender or food processor
- Glasses to serve
Sweet corn is almost everyone’s favourite. Here are three different ways to cook corn on the cob. Happy munching!

**Ingredients**
1 cob of corn

**Corn on the Cob**

1. **BBQ**
   - Pull off the leaves (husk) and the fine, stringy part (the silk).
   - Put corn onto a hot BBQ for 10-12 minutes.
   - OR
   - Pull out the silk only. Put some fresh herbs on the kernels and pull up the husk.
   - BBQ for 30 minutes.

2. **Boil**
   - Pull off the husk and the silk.
   - Fill a saucepan with water and heat to HIGH heat.
   - Put corn into boiling water for 10 minutes. Drain when corn is cooked.
   - Close up the leaves (husk).

3. **Microwave**
   - Carefully pull open a few of the leaves and remove the silk.
   - Microwave corn on HIGH 5.6 or 7 minutes until it is tender.
Universal Stir Fry

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

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

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

1. Cut skin off chicken. Cut into thin slices or small chunks.
3. Chop broccoli into small pieces (florets), slice the mushrooms and cut capsicums into thin strips.
4. Put chopped broccoli, capsicum and mushrooms into another bowl.
5. Use a spoon to blend cornflour and water until smooth.
6. Turn on stove. Put oil in wok or frying pan and heat on the stove.
7. Add chicken and sauce mixture to pan. Stir chicken until almost cooked (about 5 minutes).
8. Turn up heat. Add all the vegetables and stir for 2-3 minutes.

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Peach Pancakes

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

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

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

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Chunky Chips

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

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

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

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

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

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

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

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Frittata

This recipe makes a yummy hot breakfast or can be part of a lunch or dinner meal. It is a great way for you to use up leftover vegetables such as potato, onion, tomato, peas, broccoli, capsicum, pumpkin. If you don’t have leftovers simply chop some of your favourite vegetables into small pieces and steam or microwave them first. Makes 4-5 serves.

**Ingredients**
- 4 eggs
- 1 tablespoon margarine
- 2 cups cooked vegetables

**Utensils**
- Small mixing bowl
- Large frypan
- Fork
- Spatula
- Measuring cups and spoons