

# fresh for kids

## Recipe Ideas



*SYDNEY* *MARKETS*

QUICK RECESS, LUNCH AND SNACK IDEAS

## Recess

### **Avocado, Cucumber & Ham 'Sushi' Sandwiches**

Spread a tortilla wrap with 2 tsp of cranberry sauce. Mash  $\frac{1}{4}$  avocado with a drizzle of lemon juice then spoon along centre of wrap. Top with seeded Lebanese cucumber sticks and 2-3 slices of shaved ham. Roll up tightly, trim ends and cut into 2cm thick slices. Team with an apple.



## Lunch

### **Crunchy Veggie & Beef Noodle Salad**

Combine 1 cup of cooked hokkien noodles with  $\frac{1}{2}$  cup sliced cold beef, steak, roast lamb or pork. Add  $\frac{1}{4}$  diced red capsicum,  $\frac{1}{2}$  stick chopped celery,  $\frac{1}{2}$  small diced Lebanese cucumber, 4 halved cherry tomatoes and 4 sliced snow peas. Drizzle with Teriyaki sauce and toss to combine. Serve salad in a lunch box with a small bunch of seedless grapes.



## Recess

### **Fruit Pops with Yoghurt**

Thread hulled strawberries, peeled and chopped rockmelon, seedless watermelon pieces and pineapple onto paddle-pop sticks. Serve with a small tub of reduced fat vanilla yoghurt.



## Lunch

### **Tasty Chicken & Veggie Bun**

Spread a halved bread roll with reduced fat mayonnaise. Top the base with an Iceberg or Green Oak lettuce leaf, a slice of reduced fat tasty cheese, a few slices of tomato and a cooked chicken schnitzel. Top with another lettuce leaf and remaining roll. Wrap and pack. Serve with seasonal fruit.



## Recess

### Banana, Honey & Cream Cheese Pikelets

Mix 1 tsp honey with 2 tbs reduced fat cream cheese. Spread cheese over 2 ready-made pikelets. Top with a small sliced banana\* and sprinkle with a few dried cranberries or sultanas. Layer over another pikelet. Wrap and pack.

*\*Brush banana with lemon juice to prevent browning.*



## Lunch

### Crunchy Lettuce, Bean & Avocado Tortilla Wrap

Warm  $\frac{1}{4}$  cup refried beans in a small heat proof bowl in the microwave. Spoon mixture onto tortilla wrap. Dress with  $\frac{1}{4}$  cup reduced fat grated tasty cheese and an Iceberg lettuce leaf. Finish with  $\frac{1}{4}$  sliced avocado (brushed with lemon juice). Roll up tortilla in greaseproof paper or plastic wrap. Cut in half, wrap and pack. Serve wrap with orange wedges and a small bunch of seedless grapes.



## Recess

### **Citrus & Berry Fruit Salad with Yoghurt**

Combine 1 peeled chopped orange with some mandarin segments, a scattering of blueberries and 3 small hulled strawberries. Swirl through passion fruit pulp and serve with a small tub of reduced fat vanilla yoghurt.



## Lunch

### **Veggie Sticks, Chicken Drumettes & Hummus Lunch Box**

Pack 2 cooked soy chicken drumettes, (or alternatively use chicken drumsticks), with carrot and celery sticks. Accompany with some reduced fat hummus, a small wholegrain bread roll and an apple.



## Recess

### **Crunchy Carrot, Chicken & Sultana Salad**

Toss 1 cup shredded carrot\* with ½ cup shredded cooked chicken and 2 tbs sultanas. Combine juice of 1 orange with 2 tsp honey and drizzle over salad. Toss to combine. Serve with rice crackers.

*\*Speedy shredders are available from Asian grocers.*



## Lunch

### **Roast Pumpkin, Ham & Tomato Pizza**

Lightly spread tomato paste over an individual serve pizza base. Top with 2 slices of chopped shaved ham, a few pieces of roasted butternut pumpkin and 2 halved cherry tomatoes. Sprinkle with 2 tbs grated reduced fat Mozzarella cheese. Bake pizza at 220°C for 10 minutes. Pack in a chilled lunch box with a pear or apple and a few strawberries.



## Crunchy Dragonflies



Use a halved small peeled carrot for the dragonfly body. Create wings using unpeeled apple wedges decorated with dried cranberries or sultanas. Pretzels or celery sticks are perfect for the antennae. Serve with a glass of reduced fat milk.

## Fruity Flowers



Fashion petals from sliced strawberries. Arrange petals around a slice of peeled kiwifruit. Sliced celery sticks comprise the flower's stem and mint makes perfect leaves. Serve flowers with reduced fat spreadable cream cheese and a drizzle of honey.



## Strawberry Mice Chasing Cheese



Hull various sized strawberries and cut a thin slice off the base so the berries sit upright on a plate or board. Using chocolate writing icing\*, pipe little eyes and a nose at the tip of each strawberry. Insert flaked almonds for the ears. Cut thin strips of soft black liquorice and gently roll in your palm to form a tail. Serve strawberry mice with wedges of reduced fat cheese.

*\*Available from the baking section in large supermarkets*

## Fruit & Veggie Funny Faces



Spread rice cakes with reduced fat cream cheese. Design funny faces with a range of vegetables and fruit including;

- Carrot
- Celery
- Lebanese cucumber
- Cherry tomatoes
- Berries
- Grapes
- Sprouts
- Capsicum (red and yellow)



# Cucumber Caterpillars with Strawberry Smoothie

**Strawberry Smoothie:** Whiz together 1 cup reduced fat milk,  $\frac{1}{4}$  cup vanilla yoghurt and  $\frac{1}{2}$  cup hulled strawberries in a blender until smooth.

**Cucumber Caterpillars:** Partially peel a decorative pattern into a Telegraph cucumber using an Asian vegetable grater. Halve the cucumber lengthways and cut into 1cm thick slices to form caterpillar bodies. Use a halved blueberry or grape for the eyes and thin ribbons of cucumber skin for the antennae. Serve crunchy caterpillars with reduced fat hummus for dipping.

# Healthy

eating and lots of physical activity are so important for optimum health and wellbeing. Kids need healthy foods to fuel their body and mind. Aim for 2-3 serves of fresh fruit and 4-5 serves of fresh vegetables per day, and make sure kids do some form of physical exercise everyday!

It's well known that kids are eating too much 'junk' food. Give sugary and fatty 'junk' foods the flick with these simple yet nutritious snack ideas. In addition, there is a helpful weekly menu for packed school recess and lunch.

With a little planning, you can easily provide nutritious food for kids that's fun to prepare and eat.



For more healthy recipe ideas visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au)