



Friends frequently pass comment on how quickly and easily healthy food comes out of my kitchen. For this I thank my role model mother who always had a nourishing meal or snack on the table in a flash to feed any number of people who happened to be there at the time.

My country upbringing also helped me develop the skills and initiative needed to produce great meals without the convenience of nearby shops and the easy options that town folk have.

I now combine these skills with the nutrition knowledge gained as a Sports Dietitian, to feed my own three active, energetic children and their hungry friends who delight in visiting us for meals – especially after sport.

I was pleased when the Canned Food Information Service offered me an opportunity to share these skills with you in the interest of encouraging better health and improved sporting performances among active Australian families.

This cookbook is designed to provide meal and snack ideas that will nourish you and your sporty kids as quickly as possible, with a minimum of fuss. The recipes have been tested on my own three “guinea pigs” aged 7 to 12 and their friends. My goal is to provide recipes that all the family can enjoy, as I know how frustrating it becomes when fussy eaters are reluctant to eat new or different foods. Obviously not everyone will always like the same foods and compromise is required at times.

These recipe ideas may also stimulate you to think about other ways your family can avoid the take away trap that intrudes into our hectic lives.

A handwritten signature in black ink that reads "Ruth Logan".

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Fast Food for Active Families

Active families need to learn how to eat well 'on the run' to perform at their best each day. In this cookbook I have indicated which recipes are best for specific times – for example every day eating, eating the night before sport, during carnivals and after a hectic day of sport.

The recipes have been developed and chosen to be tasty, convenient, quick and healthy for you and your active family.

You may wonder why I have included many canned, frozen and packaged ingredients in my recipes. There are several reasons, the first being that this is what I always do in my own kitchen. What I believe is good for my family should suit just about everyone.

When combined with fresh foods, canned, frozen and packaged foods contribute to a nutritionally sound diet as the processing does not destroy the nutrients in the food.

In fact, the heat process used to sterilise canned products ensures the food stays safe until the can is opened. No artificial preservatives are needed or used as this process preserves the food naturally.

I also really like the way canned foods are reliable

in their consistency of taste and texture and find their portability makes them especially suitable for use away from home such as at sporting events. If they aren't needed at the time we simply bring them home again for later use – so no wastage.

You may notice I've not included lots of recipes for soup although my family love it as a warming and nourishing snack especially during the winter months, with a slice of toast or as a welcome start to a meal. Canned soups are a quick and easy alternative to home made soup, and also make a great base for casseroles and quick meals.

I believe in saving time where possible for all the important things in life and you will find there is a huge variety of tasty, nourishing soups, from family size to single serve snacks on your super-market shelves.

I do encourage families to look for the 'salt reduced' and 'no added sugar' varieties when purchasing processed foods. This will help you to meet the Dietary Guidelines for Children and Adolescents which include recommendations on choosing low salt foods and those foods containing only a moderate amount of added sugars. (Refer to Guidelines page 36)



Ruth Logan with her three sporty kids (photography by Tony Coonan)

Everyday eating

It is important for all active people, adults and children, to eat well every day and not just concentrate on healthy eating prior to major sporting events or competition. Maintaining energy levels through healthy eating habits and ensuring adequate hydration by taking fluids regularly, will assist you to produce your best performance each day – be it in the work place, the class room or on the sporting field.

The nutrient analysis which follows each recipe in this cookbook can be used as a guide to the nutritional contribution these meals make to the daily food intake of family members. The exact energy and nutrient requirements of individual active kids is very variable and is dependent on age, gender and their sport. It is not my intention that people use this cookbook to assess or calculate their energy needs or intake. However in the interests of being able to use this information to assess how these meals fit into daily life, having an idea of how much an active kid may require could help.

The current recommendations for energy intake of active kids are based on the data available for the general population. The approximate recommended daily energy intake for girls aged from 5-11 years ranges from 6700 - 7900 kJ. For the same aged boys, this ranges from 6700 - 8900 kJ per day. Energy intake needs to be balanced with energy output to produce a healthy, “glowing and growing”, active kid.

The daily requirement for protein is generally easily met if a child consumes a wide variety of foods and eats sufficient total energy to grow and develop at a healthy rate

Nutrition Goals

1. Eat plenty of carbohydrate rich foods throughout each day for get up and go.
2. Eat little and often to maintain blood sugar levels, energy and concentration.
3. Avoid high fat food traps. Learn which foods have hidden fats.
4. Include foods containing protein to provide the nutrients required for growth.
4. Drink suitable fluids during each day to maintain adequate hydration.
5. Always include a wide variety of foods to ensure all nutrient needs are met.

Survival Hints

1. Be organised ahead of time – plan for busy meal times.
2. Use a mix of fresh, canned, frozen and packaged foods to produce nourishing meals and snacks quickly.
3. Shop from a list to ensure you have the necessary foods available to prepare the meals planned.
4. Use your freezer – prepare extra quantities to be kept for another time.
5. Experiment with new ideas and recipes and encourage your children to assist with the preparation of meals and snacks.

Most of the recipes included in this cookbook are suitable for every day eating. And you might like to try modifying some of your own family's favourite meals using fat reduced, salt reduced or no added sugar products to produce healthy meals quickly.



Your shopping checklist

Canned, frozen and packaged products really are convenient as they keep for an extended time making them always ready when you need them. I believe that the key to a family always being able to eat well is a well stocked pantry, fridge and freezer. Spending time planning your food shopping will create opportunities for the production of 'fast food' from home. Some foods such as meat and bread will be used fresh but extra supplies of perishable foodstuffs kept in the freezer will reduce the need for frequent shopping trips.

Use the following guide to help prepare for your next food shopping trip. Keeping these products in stock will ensure you have the necessary ingredients to produce food fast using the recipes in this booklet as well as other favourite family recipes.

Grains and grain products

Breads – rolls, sliced, mountain bread, lavash, pitas, tacos, tortillas
Pasta – your favourite shapes
Rice – Doongara, basmati, arborio (for risotto), quick cook rice, brown rice
Self Raising and Plain Flour – white and wholemeal
Breakfast cereals including oatmeal
Couscous
Dried bread crumbs
Low fat 2-minute or quick-cook noodles
Cracker biscuits
Muffin, brownie, cake or pancake mixes

Food in cans

A range of vegetables like sweet corn kernels, creamed corn, carrots, beetroot
Legumes – chickpeas, red kidney beans, Mexican beans, soy beans, salad mixes, baked beans
Canned fruits in juice like pineapple, peaches, pears and fruit salad
Canned tomato products – whole tomatoes, tomato puree, tomato paste, tomato based sauces with herbs and other vegetables
Soups – family size cans as well as the handy two or single serve cans
Canned fish – tuna, salmon, snack pack tuna with added flavours
Canned ham
Snack pack cans of fruit
Snack size packs of soup, spaghetti and baked beans
Creamed rice
Light evaporated milk

Flavourings

Dried herbs and spices
Seasoning mixes – like Taco or Asian flavours
Curry powder
Liquid stock or stock cubes or powder
Mustard
Sauces – tomato, barbeque, soy, Worcestershire, sweet chilli
Vinegars
Salsas

Oils

Olive, canola oil or any mono- or polyunsaturated vegetable oils
Spray-on oil – olive or canola.

Extras and instant foods

UHT custard and milk, and soy beverages
Cereal and breakfast bars
Muesli and fruit bars
Liquid meal Tetra packs

Drinks

Sports drinks
Sports cordial
Juice in tetra paks
Flavoured milk drinks
Canned fruit juice



Getting ready

The night before sport

The night before a sporting event is the time to ensure that the young sports player in your family has a meal containing carbohydrate rich foods including rice, pasta, potatoes, bread, fruit and vegetables. Protein rich foods such as meat, sea-food, eggs, chicken, legumes or dairy foods are also necessary.

Plenty of fluids – water, milk or fruit juice – to ensure a good state of hydration, is essential. Often this meal is Friday night's dinner, which for many families is a busy time. If so, keep the meal simple and include convenient processed foods from the pantry with fresh products to produce healthy fitness foods fast.



Recipes ideal for the night before sport

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Recipes in this book were tested using a fan forced oven and provide for flexibility in cooking time, since ovens can vary slightly from one manufacturer to another. Using a non-fan forced oven, the cooking time needs to be extended around 5-10 minutes or the oven temperature raised by 10 C. Most of the recipes have a variable time suggested to allow for this variation. Always preheat the oven to the temperature specified as the first step.

Recipes in this book are for a 750 watt microwave oven. A higher wattage microwave oven will take less cooking time. Always check 1-2 minutes before time recommended. If necessary, microwave further in short intervals.



Ingredients:

*1 teaspoon olive oil
300 g diced bacon
3 spring onions, finely sliced
2 cloves garlic, crushed
1 green apple, diced
1 large red capsicum, diced
810 g or 2, 425 g cans crushed or
chopped tomatoes
3 sticks celery, thinly sliced
2 large zucchini, grated
½ cup red or white wine
1 tablespoon brown sugar
3 tablespoons tomato paste
Fresh herbs or cracked pepper to
taste
500 g packet any pasta e.g. spirals,
penne, spaghetti
Grated cheddar or Parmesan
cheese for serving*

Nutrition information per serve:

Energy	1500 kJ
Protein	16 g
Fat	7 g
Carbohydrate	55 g

Performance Pasta

Serves 8

Method:

Heat the oil in a large frying pan or wok. Cook bacon bits, spring onions and garlic until onions soften.

Add remaining ingredients except pasta. Season to taste with herbs or pepper.

Reduce heat and simmer until vegetables and apple are tender.

While the sauce is simmering, boil a large pot of water and cook pasta following instructions on the pack or until al dente. Drain well.

Spoon pasta into bowls. Top with a generous quantity of pasta sauce. Sprinkle with cheese of choice.

Tips:

Great to eat with warm bread rolls and a green salad.

Leftover sauce can be tossed through the pasta and kept for a quick snack for hungry kids. Reheat in the microwave.

Make a double quantity of sauce and keep extra in the freezer for a fast meal.





Ingredients:

500 g packet spiral, penne or shell pasta
415 g can tomato puree
810 g or 2, 425 g cans chopped or crushed tomatoes with herbs
425 g can tuna in brine, well drained
3 tablespoons chopped parsley
3 tablespoons shredded
Parmesan cheese (or cheese of your choice)

Nutrition information per serve:

Energy	1930 kJ
Protein	30 g
Fat	5 g
Carbohydrate	73 g

Tuna Temptation

Serves 6

Method:

Pre heat oven to 180 C.

Cook choice of pasta in a large pot of boiling water as directed on the pack or until al dente. Drain and tip into a large ovenproof casserole dish.

Pour tomato products into a saucepan, bring slowly to the boil then stir through the tuna and parsley.

Pour over pasta and gently mix together using two spoons. Sprinkle cheese over the top.

Bake in preheated oven for 15 minutes or until heated through.

Serve with salad and crusty bread rolls. Accompany with extra cheese if desired.

Tips:

Tuna can be replaced by your choice of canned fish.

This meal can be prepared in advance and reheated in the oven when the kids come home from sport or training. Otherwise, If time is short, it can be quickly prepared and served without baking.





Ingredients:

440 g can pineapple pieces in natural juice, drained
1 tablespoon olive oil
1 teaspoon sesame oil
2 teaspoons crushed garlic
1 large onion, thinly sliced
300 g chicken (or beef or tofu), sliced into bite size strips
3 cups stir fry vegetables (eg. julienne carrot, capsicum, snow peas, bok choy, mushrooms)
1-2 tablespoons oyster sauce
1 tablespoon reduced salt soy sauce
Chilli or sweet chilli sauce to taste
¼ cup water, if necessary
Fresh coriander, roughly chopped
Noodles or rice

Ingredients:

420 g can creamed corn
440 g can corn kernels, drained
1 onion, finely chopped
2 teaspoons crushed garlic
2 eggs, lightly beaten
½ cup natural yogurt or light sour cream
½ cup reduced fat cheese, grated
1 cup wholemeal breadcrumbs
1 cup rolled oats
100 g sunflower seeds and/ or crushed nuts

Extra:

½ cup sunflower seeds and/ or crushed nuts

Pineapple Chicken Stirfry

Serves 4

Method:

Heat oils together in large wok.
Over medium heat saute garlic and onion for 2-3 minutes (or until onion goes transparent).
Turn the heat up to high and add chicken (or other meat) and cook for three minutes. Add vegetables and pineapple and cook for further two minutes or until tender. Add all sauces and water as required. Stir until heated through.
Sprinkle with coriander and serve immediately with steamed noodles or rice.

Nutrition information per serve:

Energy	1853 kJ
Protein	24 g
Fat	7 g
Carbohydrate	63 g

Corn Loaf

Makes 10 slices

Method:

Preheat oven to 180 C. Spray a standard size loaf tin with canola oil.
Combine creamed corn, corn kernels, onion, garlic and eggs. Mix well. Fold through the remaining ingredients, except for the extra seeds and/ or nuts.
Spoon into prepared loaf tin and sprinkle with extra seeds and/ or nuts.
Bake 20-30 minutes or until golden brown and cooked through.

Tips:

Serve freshly sliced with relish, salsa, sauce or sweet chilli dipping sauce.
Add crusty bread and salad to make a complete meal.
Can be served cold or warm.

Nutrition information per serve:

Energy	973 kJ
Protein	10 g
Fat	10 g
Carbohydrate	26 g

**Ingredients:**

*6, 100 g pieces of flattened, lean
barbeque steak
6 hamburger or crusty rolls
440 g can pineapple slices, drained
225 g can sliced or shredded
beetroot, well drained
3 large tomatoes, sliced thickly
Cos or iceberg lettuce leaves,
shredded
125 g (1 cup) reduced fat, grated
cheddar cheese*

Nutrition information per burger:

Energy	1915 kJ
Protein	40 g
Fat	10 g
Carbohydrate	52 g

Hunger Buster Burgers

Makes 6 burgers

Method:

Grill the steak in a pan, on a grill plate or barbeque.
Cut each roll in half and brown cut side down on grill plate or barbeque (or toast under the griller).
Fill each roll with some of each ingredient.
Top with sauce of your choice and enjoy.

Tips:

Kids love making their own burgers – let them use their imagination.
My family loves this meal on Friday night, washed down with juice and followed with pancakes, ice cream and syrup for dessert.
A wonderful high carbohydrate meal to prepare them for a busy day of sport ahead.





Ingredients:

6 large, pink skinned potatoes, well washed - Desiree or Pontiac are ideal
3 teaspoons canola margarine
3 spring onions, finely sliced including green tops
1 tablespoon cornflour
375 mL can light evaporated milk
125 g (1 cup) reduced fat grated cheddar cheese
415 g can pink salmon, well drained, broken into chunks
3 tablespoons chopped parsley
Cracked pepper to taste

Nutrition information per potato:

Energy	1830 kJ
Protein	34 g
Fat	13g
Carbohydrate	45 g

Potato Power

Serves 6

Method:

Prick the potatoes, place around a turntable perimeter of a 750 to 800 watt microwave oven, cook on HIGH for 15-20 minutes or until soft when gently squeezed.

If time allows, the potatoes could be baked in a hot oven at 200 C for about 40 minutes instead.

Melt margarine in a saucepan, fry spring onions until softened. Mix the cornflour with milk until smooth. Stir into pan until sauce thickens and boils. Lower heat, stir in cheese until melted, fold in salmon and parsley.

Season with pepper.

Either cut potatoes $\frac{1}{3}$ across horizontally or open up and top with the salmon mixture. Serve with iceberg lettuce, wedges of tomato and avocado. Accompany with bread rolls.

Tips:

Potatoes can be filled with a range of mixtures – leftovers are great, and could include Bolognaise sauce or some *Mince in Minutes* – see page 23, canned Baked Beans and grated cheddar cheese.





Ingredients:

250 g lean beef or chicken mince
½, 420 g can tomato puree, with
garlic and basil
1 teaspoon gravy powder
2 cups self raising flour
¼ cup reduced fat milk
4 tablespoons barbeque sauce
125 g (1 cup) grated reduced fat
mozzarella cheese

Note:

Both tomato puree and tomato paste
freeze well.
Always transfer any remaining to a
plastic container to freeze for later
use.

Nutrition information per pinwheel:

Energy	680kJ
Protein	11g
Fat	3 g
Carbohydrate	23 g

HINT

I often use suitable leftovers to
take to carnivals like the
Pinwheels. These are a popular
meal in our house on Friday
nights often made from spare
spaghetti Bolognese sauce.
Nothing gets wasted!

Pinwheels

Makes 12 large

Method:

Pre heat oven to 220 C.

Brown choice of mince in a frypan then add tomato
puree and gravy powder.

Stir until mixture boils. Remove and cool slightly.

In a large bowl, combine the flour and milk together.

Mix to a soft, but not sticky, dough, using a knife. Add a
little more milk, if required.

Spread some extra flour onto a dough sheet, paper or
bench top. Turn out dough, knead lightly then roll out to
a rectangle about 25 x15 cm.

Spread with the barbeque sauce and mince mixture, to
within about 3 cm from dough edges.

Sprinkle with most of the cheese, leaving a little over to
top the pinwheels.

Roll up into a “sausage” starting from the longest side
and leaving the joining seam, side down on the bench.
Cut the roll into 12 even slices. Shape into rounds and
place on a baking tray sprayed lightly with oil. Leave a
little room between each to allow for spreading.

Top with the remaining cheese. Bake in pre heated oven
for 20 minutes or until brown and firm to touch.

Tips:

Serve warm with sauce or salsa and salad.

Offer these as a great low fat alternative to meat pies.

These can be made ahead of time and reheated quickly.
in the microwave but they won't be as crunchy.



Aussie Peach Dream

Serves 4

Ingredients:

*1 packet lime jelly crystals
825 g can peach slices, drained,
liquid reserved
500 g tub creamy custard yogurt
2 tablespoons shredded coconut
3 tablespoons pistachio kernels,
roughly chopped*

Nutrition information per serve:

Energy	1420 kJ
Protein	10 g
Fat	11 g
Carbohydrate	49 g

Method

Drain the juice from the can of peaches, saving one cup of liquid.

Store the peaches until needed in the fridge in a plastic container or glass or earthenware bowl.

Prepare the jelly as instructed on the packet using the peach liquid to replace 1 cup of the water. Pour into a 20 cm shallow pan, refrigerate and allow to set.

(This could take up to 2 hours depending on the temperature of your refrigerator).

Cut the jelly into squares.

Lightly toast the coconut. Toasting can be done in a dry pan over a low heat, under a griller or in a microwave.

Check regularly as coconut can burn very quickly.

Layer jelly cubes, peaches and custard into one large or individual bowls.

Top with the coconut and nuts.

Tips:

Use vanilla custard if no yogurt custard is available.

A great dessert to top up energy levels the night before a carnival.

Use any fruit available such as pears, apricot halves, fruit salad or pineapple pieces to replace the peaches.

Pecans, slivered almonds or walnuts could replace the pistachios.





Ingredients:

*800 g can Pie Apple
1 tablespoon honey
Cinnamon to taste
3 Vita Brits or Weet Bix or any
wheat cereal biscuit
½ cup rolled oats
3 tablespoons desiccated or
shredded coconut
1 tablespoon brown sugar
2 tablespoons canola margarine
2 tablespoons self-raising flour*

Nutrition information per serve:

Energy	950 kJ
Protein	3 g
Fat	8 g
Carbohydrate	36 g

Apple Crunch

Serves 6

Method:

Pre heat oven to 180 C.

Tip the pie apples into an ovenproof dish. Drizzle with the honey.

In a medium bowl, crumble the cereal biscuits. Add remaining ingredients and rub together with finger tips to form a crumbly mixture.

Sprinkle over the apples. Dust with cinnamon.

Bake in pre heated oven for 15-20 minutes until browned and heated through.

Serve warm or cold with custard, yogurt or ice cream.

Tips:

Any variety of pie pack fruit could be used.

Leftovers make a wonderful snack for afternoon tea or a snack before sport.



Gran's Pineapple Sago

Serves 8

Ingredients:

100 g sago (seed tapioca)
450 g can crushed pineapple in natural juice
1½ cups boiling water (375 mL)
1 tablespoon lemon juice
1 tablespoon golden syrup
100 g sugar

Sago is the seed of the tapioca palm and is full of carbohydrate. It can still be found in supermarkets but it is not often used today – it was a favourite family pudding when I was a young active kid!

Nutrition information per serve:

Energy	560 kJ
Protein	0.4 g
Fat	0.3 g
Carbohydrate	34 g

Method:

Combine the sago, crushed pineapple and boiling water in a saucepan.

Leave to soak for 1 hour.

Add the lemon juice, golden syrup and sugar. Stir well.

Boil gently over a low heat, stirring regularly until sago is clear (about 15 minutes).

Pour into a bowl, cool and refrigerate until set firmly (at least one hour).

Serve with custard, custard yogurt or ice cream.

Tips:

My mother used to also make lemon sago using equal amounts of extra lemon juice and golden syrup and no pineapple.

A very economical pudding when feeding hungry hordes. This dessert is very high in sugar so remember to clean teeth after eating.



Eating on the day

Drinks, snack and meal ideas for before sport

The old tradition of eating a hearty meal before activity has gone with the times. It is now recommended that the meal eaten prior to sport is a low fat, high carbohydrate combination of foods that are quick and easy to prepare and digest, yet leave your children feeling satisfied and well fuelled. The timing of this meal is important to allow time for digestion prior to exercise.

Fluid intake needs to be encouraged at this time too.

To make a nutritious breakfast, select a combination from the following foods

- breakfast cereal or oatmeal with reduced fat milk and/or yogurt
- toast, crumpets, pancakes or muffins
- spaghetti or baked beans
- eggs; reduced fat cheese
- fresh or canned fruit; fruit juice

Nutrition goals:

1. Provide foods to be eaten prior to activity that are quick and easy to digest, leaving the stomach comfortable but not too empty.
2. The best foods for this time are those low in fat, containing some protein and a moderate amount of carbohydrate.
3. Ensure adequate fluid intake with these foods.



Survival hints

1. Keep food and fluids at this time quite simple.
2. Food and drink taken now should be what your child is used to having. Before a competition or carnival is not a good time to experiment with new foods.
4. Always aim to have a mix of food and fluids before activity.
5. Aim to eat a main meal 2-4 hours prior to starting activity. A light snack can be eaten within an hour of being active.
6. Watch the fibre content of this meal. Some children may find their bowels become overactive if they eat a large amount of fibre at this time. If this is the case, use more refined products like white bread, pancakes or canned spaghetti.
7. Sometimes a liquid meal may be the best before sport, particularly for children who get nervous and don't feel like eating solid food.
8. Take fluids within the last 15 minutes before exercise to ensure adequate hydration.
9. Minimise fuss so that everyone can stay calm.

Liquid meals can be purchased commercially but active kids may like to try their own creations.

Try these delicious drinks

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Peach and Mango Smoothie

Serves 2

Ingredients:

140 g can peach and mango, chilled
200 mL milk
200 g tub natural yogurt
1 teaspoon honey

Method:

Place all ingredients in a blender and blend until smooth.
Serve immediately.

Tip:

Use peach and mango yogurt to make even more fruity.

Nutrition information per serve:

Energy	693 kJ
Protein	10 g
Fat	1.6 g
Carbohydrate	28 g



Ingredients:

140 g any snack size can fruit in natural juice
1 cup reduced fat milk
1 scoop lite ice cream
1 teaspoon honey

Nutrition information per serve:

Energy	1004 kJ
Protein	14 g
Fat	2 g
Carbohydrate	42 g

Ingredients:

140 g can any snack size fruit in natural juice (Use what's available or your favourite flavour.)
2 cups reduced fat milk
200 g tub fruit or vanilla yogurt
1 scoop lite ice cream per serve

Nutrition information per serve:

Energy	975 kJ
Protein	12 g
Fat	3 g
Carbohydrate	40 g

Speedy Shake

Serves 1

Method:

Blend all ingredients in a food processor or vitamiser until smooth.

Pour into a glass making sure not to leave any of the tasty fruity bits behind.

Tips:

A fantastic energy boost at any time during a busy day.
Kids can easily make this themselves.

Fruit Spider

Serves 3

Method:

Blend all ingredients except ice cream in a food processor or vitamiser.

Pour into glasses.

Top each with a scoop of ice cream.

Tips:

This makes a meal for the child who is not happy to eat much before sport.

A great 'recovery' drink to have after exercise.

This drink is packed with calcium – muscle and bone food.



Surviving carnival days

Sports carnivals or competition days are easiest to manage if you plan ahead and take suitable food and drinks with you. This also eases the pressure on your wallet! Active kids need regular top ups of energy rich foods and fluids to cope with the ongoing demands of a long day of activity.

Don't rely on the canteen or nearby shops for food and drink, as suitable choices are not always available.

Encourage your club or school canteen to provide a range of healthy choices.

Survival tips:

1. Always pack an esky or cooler bag with healthy food and fluids for the family as it is not possible to rely on the canteen or nearest shops to provide suitable food.
2. Take a plentiful supply of fluids - preferably a mix of water and flavoured fluids such as sports drinks, fruit juice and cordial.
3. Provide low fat snack foods for grazing on during the day.
4. Encourage small amounts of food and fluids regularly through the carnival day, making use of longer breaks between events for more substantial intake.
5. Discourage your active child from drinking carbonated or high caffeine drinks between events, as these can cause bloating and intensify dehydration.

Carnival Checklist:

- Two drink bottles per competitor - one water and one flavoured fluid.
- Snack foods like muffins, slices and scones.
- Rolls, sandwiches or pita pockets for lunch.
- Ice or cooler block to keep perishable foods cool and safe to eat.
- Extra water - especially important in warm weather.
- Fruit - fresh or canned, fruit bars, fruit fingers and fruit juices.
- A thermos for the parents!

For family comfort, don't forget sunscreen and shade protection, spare clothing, a rug, folding chairs and all the other things you need for what can be a very long day.

Many of these recipes could be used for other meals or snacks, such as afternoon tea before or after training

Try making any of these recipes to take along to a big event

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Other family favourites for carnivals include pikelets, fruit buns, low fat muesli bars, sweet muffins, scones, cracker biscuits, dried fruit, jelly confectionery, jelly fruits, snack packs of canned fruit, low fat rice crackers, sandwiches or rolls with crisp fresh vegetable sticks and cherry tomatoes.





Meat Mixture

Ingredients:

*1 teaspoon olive or canola oil
1 clove garlic, crushed
250 g lean beef mince
1 small onion, finely diced
1 tablespoon barbeque sauce
1 teaspoon beef stock powder
2 teaspoons gravy powder
1 tablespoon water*

Muffin Mixture

Ingredients:

*3 cups self raising flour
1 tablespoon olive or canola oil
2 eggs
½ cup reduced fat milk
5 sprigs chopped parsley
420 g can Creamed Corn*

Nutrition information per muffin:

Energy	890 kJ
Protein	10 g
Fat	4 g
Carbohydrate	33 g

Mince Muffins

Makes 12 muffins

Method:

Pre heat oven to 180 C.

Heat the oil in a heavy pan.

Add the garlic, mince, onion, sauce and stock powder.

Stir well until browned.

Combine water and gravy powder together. Stir into mince mixture until sauce thickens. Set aside.

Lightly spray 12, ½ cup muffin pans with canola oil.

In a large bowl, quickly mix the flour, oil, eggs, milk, parsley and creamed corn together. Don't over mix or the batter will become tough.

Spoon 2 teaspoons muffin mixture into each pan, top with a heaped teaspoon of mince and cover with remaining mixture.

Bake in pre-heated oven for 10-15 minutes until browned and springy to touch. The batter will join and enclose the mince mixture.

Allow to cool slightly in the pan then carefully turn out and eat!

Tips:

These are tastiest when served warm with sauce of choice.

A great alternative to meat pies on a cold day.

Keep some in the freezer to reheat for a quick snack before or after sport.





Ingredients:

2 cups self raising flour
2 spring onions, chopped
1 carrot, grated
1 cup reduced fat cheddar cheese, grated
420 g can creamed corn
200 mL reduced fat milk
1 tablespoon canola or olive oil
2 eggs, beaten
3 slices ham, cut into 4 strips

Nutrition information per muffin:

Energy	735 kJ
Protein	9 g
Fat	5 g
Carbohydrate	24 g

Ingredients:

440g can Golden Circle Island Fruit Salad in Natural Juice - reserve 2 tablespoons of juice
1 cup self raising flour
1 cup rolled oats
150 g raw sugar
½ cup coconut
100 g canola margarine, melted
1 tablespoon golden syrup
1 egg, lightly beaten

Nutrition information per slice:

Energy	970 kJ
Protein	3 g
Fat	10 g
Carbohydrate	33 g

Ham and Corn Muffins

Makes 12 medium muffins

Method:

Heat oven to 200 C.
Lightly spray the muffin pans with canola oil.
Combine the flour, spring onions, carrot, half of the cheese and the creamed corn in a large mixing bowl.
Beat together the milk, oil and eggs in another small bowl then pour into a well in the centre of the flour mixture. Stir well together.
Spoon the muffin mixture into the oiled tray. Roll up the ham strips and place into the centre of each muffin.
Sprinkle with the remaining cheese.
Bake in the oven for 25-30 minutes.

Tips:

Any muffins not eaten straight from the oven can be frozen and reheated at another time.
Remaining muffins can be kept in the fridge for a couple of days and quickly warmed to serve.
These are also a popular snack for hungry adults – served warm with sweet chilli sauce for extra flavour.

Fruit Salad ANZAC Slice

Makes 12 slices

Method:

Heat oven to 180 C.
Lightly spray a 18 cm slice pan with canola spray.
Combine flour, oats, sugar and coconut in a large mixing bowl. Then add the reserved juice, butter, syrup and lightly beaten egg and mix well. Spoon half the mixture into the pan, and press down flat. Evenly spread the drained fruit salad over the mixture. Top the fruit salad with the remaining slice mixture. Bake 20 minutes, or until golden brown. Leave to stand for five minutes before turning out onto a cooling rack. When cool, slice into squares.

Healthy 'fast food' – after the event

Providing a healthy meal for tired, hungry children at the end of a long day can be challenging to any parent. Often the temptation to grab a take away meal is strong and greatly encouraged by your children.

My suggestion is to think ahead and have suitable fast meals available in your fridge or freezer.



Another option is to use some take away, like a cooked chicken, to use with other products in your refrigerator and pantry to make the pizza or wrap recipes. Remember that takeaway fast food is acceptable occasionally but try not to buy them every time. And when you do have them, always look for the lower fat alternatives.

Most of these recipes can be made well ahead of time and be ready for quick reheating when you get home while the kids have a shower – or at least wash their hands.

After the event meals



Quickly prepared dishes

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Ideal for reheating

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**Ingredients:**

300 g lean beef mince
420 g can condensed tomato soup
420 g can sweet corn kernels,
drained
420 g can Mexican chilli beans

Nutrition information per serve:

Energy	950 kJ
Protein	19g
Fat	3 g
Carbohydrate	31 g

Mince in Minutes

Serves 6

Method:

Brown the mince in a hot pan.
Add remaining ingredients and stir well to combine.
Simmer over low heat until needed.
This mince is ready in 10 minutes.

Tips:

The mince mix can be served in a variety of ways including in tacos or burritos with shredded lettuce, diced tomato, grated cheddar cheese, cucumber and avocado slices; with cooked spiral pasta; as a topping for baked potatoes; or simply on thick toast wedges.

Makes a fast meal packed with the iron, energy and protein growing active kids need.



**Ingredients:**

*2, 20 cm prepared fresh or frozen
pizza bases
140 g can tomato paste
½ cooked roast chicken
200 g ham, shredded
440 g can pizza pineapple, drained
½ red capsicum, finely sliced
250 g (2 cups) reduced fat
mozzarella cheese, shredded*

Nutrition information per serve:

Energy	1300 kJ
Protein	28 g
Fat	9 g
Carbohydrate	28 g

Pizza Power

Serves 8

Method:

Pre heat oven to 200 C.
Spread pizzas with the paste.
Sprinkle with half the mozzarella cheese.
Chop chicken meat and top pizzas evenly
with the chicken, ham, pineapple, capsicum and
remaining cheese.
Bake in pre heated oven for 15-20 minutes or until
browned and cooked through.
Cut each pizza into eight wedges and serve with salad.

Tips:

Buy a cooked chicken on the way home from sport or
work. Have the pizza bases and ham in the freezer and
keep a can of pizza pineapple in the pantry.
Use canned ham refrigerated for ease of chopping instead
of fresh or frozen ham.
Barbeque sauce or tomato puree can be used on the base
instead of tomato paste.
This is a quick and easy recipe and always popular with
hungry kids.





Ingredients:

4 slices bread, toasted
2 tablespoons fruit chutney
4 slices light processed cheese
415 g can peaches in mango, drained
4 rashers lean bacon, halved or
4 slices lean ham
½ teaspoon paprika

Nutrition information per finger:

Energy	512 kJ
Protein	8 g
Fat	4 g
Carbohydrate	14 g



Ingredients:

3 sheets ready rolled puff pastry with canola
500 g chicken mince
415 g can apricot halves in natural juice, drained and lightly mashed
1 tablespoon finely chopped parsley
1 cup dried seasoning mix or dried breadcrumbs
1 small onion, finely chopped
1 tablespoon sweet chilli sauce

Nutrition information per roll:

Energy	1126 kJ
Protein	12 g
Fat	14 g
(higher due to the pastry)	
Carbohydrate	24 g

Tropical Toasted Fingers

Makes 8 fingers

Method:

Spread toast with chutney and cut each slice in half to make 8 fingers. Cut cheese slices in half and place on each finger.

Top each finger with two peach segments and half a rasher of bacon or slice of ham. Sprinkle with paprika and place under grill or in the oven until cheese melts and bacon is crisp and golden.

Tips:

These make a great snack for afternoon tea, before training in winter.

Use thick toast slices for a thicker, more filling, finger.

Savoury Fruit Rolls

Makes 12 rolls

Method:

Cut the three sheet of pastry into quarters giving a total of twelve squares.

Combine chicken mince, fruit, parsley, seasoning mix, onion and sauce mixing thoroughly. Divide chicken mixture into twelve equal portions and shape into rolls the same length as the pastry. Place rolls on top of pastry and moisten edges with water. Fold the pastry over the rolled mixture, joining the edges underneath. Place rolls on a lightly sprayed oven tray and bake at 200 C for 25-30 minutes or until golden brown.

Tips:

A tasty alternative to sausage rolls.

Serve with fruit chutney or a spicy sauce.

Substitute sausage or lamb mince for chicken mince.

Substitute peaches for apricot halves, drained, slightly mashed.



Ingredients:

1 packet of 6 tortillas
½ cooked roast chicken
420 g can Mexican chilli beans
6 cos or iceberg lettuce leaves
2 tomatoes, chopped
2 Lebanese cucumbers, thinly sliced
200 mL tub extra light sour cream
or tzatziki dip

Nutrition information per wrap:

Energy	1520 kJ
Protein	20 g
Fat	10 g
Carbohydrate	46 g

Chicken Wraps

Makes 6

Method:

Cut chicken flesh into strips. Place in a bowl and keep warm.

Arrange prepared salad vegetables on a platter.

Tip chilli beans into a bowl and microwave until just warm.

Heat the tortillas either in the microwave or wrapped in foil in the oven.

Prepare each tortilla starting with a lettuce leaf, topping with chicken, tomato, cucumber, beans and sour cream or dip.

Wrap the tortilla around the filling and enjoy while warm.

Tips:

Use leftover *Mince in Minutes* – (see page 23) as an alternative filling.

A can of Baked Beans could be used for those who don't like the spicy flavour of chilli.

Kids love to make these themselves.

Always serve on a plate as they tend to be “messy”.





Ingredients:

440g can corn kernels, drained
Olive or canola oil (bottled or spray)
14 filo pastry sheets
4 eggs, lightly beaten
200 g reduced fat feta cheese, crumbled
150 g ricotta or cottage cheese
1 bunch spinach, stalks removed and finely chopped
2 teaspoons finely crushed garlic
1 onion, finely chopped

Nutrition information per serve:

Energy	973 kJ
Protein	17 g
Fat	8 g
Carbohydrate	23 g



Ingredients:

440 g can vanilla creamed rice
440 g can crushed pineapple, drained
4 medium bananas, peeled and sliced
pulp of 4 passionfruit or 125 g can passionfruit pulp

Nutrition information per serve:

Energy	585 kJ
Protein	12 g
Fat	1 g
Carbohydrate	30 g

Spinach, Feta and Corn Pie

Serves 8

Method:

Preheat oven to 180 C.

Grease a lamington tin, slice pan or 23cm pie plate. Line the base and sides of the pan with 6-8 sheets of filo pastry (brush or spray every third sheet).

In a large bowl combine the corn, eggs, cheeses, spinach, garlic and onion, mix well. Pour into pastry lined pan.

Cover the spinach mixture with 6-8 filo sheets (brush or spray every second sheet). Fold or cut the filo at the edges to neaten.

Brush the top of the pie with a little oil before baking for 20-30 minutes or until golden brown and cooked through.

Can be served cold or warm.

Tropical Rice Delight

Serves 8

Method:

Empty creamed rice and pineapple into a bowl. Stir gently until combined. Spoon into individual bowls, top with bananas and passionfruit.

Tips:

This is a great energy booster at any time of the day. A super easy dessert for the night before a big day of activity.



Ingredients:

3 large potatoes, well washed and coarsely grated
250 g lean ham, cut into thin strips
420 g can creamed corn
4 spring onions or 1 medium onion, finely chopped
3 tablespoons chopped parsley
2 medium carrots, coarsely grated
100 g (3/4 cup) reduced fat, grated cheddar cheese
2 eggs
2 cups self raising flour
1/2 cup reduced fat milk
Salt and freshly ground pepper or curry powder to taste

Nutrition information per fritter:

Energy	625 kJ
Protein	9 g
Fat	3 g
Carbohydrate	21 g

Potato Fritters

Makes 16 large fritters

Method:

Place all ingredients into a large bowl. Stir together until combined. The mixture will be quite stiff in texture.

Season with some salt, pepper or curry powder.

Heat a large heavy based frying pan, lightly cover base with olive oil spray.

Add a large tablespoons of mixture to the pan, cook over medium heat, pressing down each fritter with the back of a spatula until golden brown and cooked through. Turn over and brown other side.

Keep warm in a low oven at 100 C until all are cooked - if you can stop them being eaten!

Serve with any salsa or sauce of your choice.

Tips:

I serve these for an easy meal or snack, or whenever there are hungry kids to feed.

I replace the ham with small cubes of cold corned beef if there is any leftover in the fridge or you could use canned ham.

Great when washed down with a glass of milk or juice.





Ingredients:

2 teaspoons canola or olive oil
500 g chicken breast fillets, cut into thin strips
420 g can condensed cream of mushroom soup
2 cups water
½ teaspoon dried basil
500 g packet mixed frozen vegetables
2 cups dried pasta spirals, uncooked
1 cup reduced fat cheddar cheese, grated

Nutrition information per serve:

Energy	1373 kJ
Protein	29 g
Fat	7 g
Carbohydrate	37 g

Easy Chicken and Pasta

Serves 6

Method:

Heat oil in a deep large frying pan over medium heat. Add the sliced chicken and cook, stirring frequently for 5 minutes or until browned. Remove chicken and set aside. Add soup, water, basil and uncooked pasta to the pan. Bring to the boil, reduce heat to medium, cover and simmer 15 minutes or until pasta is just tender. Stir in the cooked chicken, frozen vegetables and grated cheese. Cook for 5 minutes or until the vegetables are hot and tender.

Tips:

This is a great dish to prepare ahead of time and have ready for a quick reheat.
Serve with crusty bread and a green salad or a fresh fruit platter.
A mix of fresh vegetables can be used but I find the frozen vegetables quick and easy when time is short.
Serve with a sprinkle of freshly grated parmesan cheese for extra flavour.

Make the most of your cans

Because canned foods such as soups, baked beans, spaghetti, legumes, fish and vegetables are already cooked remember not to ruin them by over heating – just bring them to the required temperature whether that be hot, warm or simply served straight from the can at room temperature.

It is sometimes difficult to maintain an adequate supply of all the necessary fresh ingredients, so don't be afraid to supplement fresh fruit and vegetables with nutritious canned products when required. Fast food from the home pantry beats food from take away outlets and will save you money.

With canned food in your cupboard, the fruit and vegetables your family like best are never out of season.



Ingredients:

*2 teaspoons olive oil
800 g lean beef, chicken or pork mince
3 cloves garlic, crushed
810 g or 2, 425 g cans crushed tomatoes with herbs
2 tablespoons tomato paste
300 g packet frozen spinach, thawed
500 g tub low fat cottage cheese
375 g packet fresh lasagne sheets
680 g can condensed tomato soup
250 g (2 cups) reduced fat shredded mozzarella cheese*

Nutrition information per serve:

Energy	1660 kJ
Protein	40 g
Fat	10 g
Carbohydrate	38 g

Logan's Lasagne

Serves 10

Method:

Preheat the oven to 180 C.

Heat oil in a large heavy based saucepan. Brown mince and garlic well. Stir in tomatoes and tomato paste.

Simmer for 15 minutes to cook the mince thoroughly.

Put the thawed spinach into a strainer, squeeze out all the liquid then mix lightly with the cottage cheese.

Using a large lasagne dish, spread a thin layer of the mince mixture over the base. Follow with a sheet of lasagne, more mince, another layer of lasagne, the cottage cheese mixture, more lasagne, remaining mince and a final sheet of lasagne. Pour over tomato soup to cover lasagne completely.

Sprinkle with the mozzarella cheese. Bake in the preheated oven for 30-35 minutes or until golden brown and heated through.

Remove and allow to stand for five minutes before serving.

Best accompanied with fresh bread rolls and salad.

Tips:

I always make this large quantity as the pasta just fits my dish measuring 30 cm x 25 cm. The leftovers are always popular!

Otherwise, make into two smaller foil dishes and freeze one for a busy time.

This is the quickest and easiest lasagne to make and always a hit with the kids! Limited washing up is a bonus.





Ingredients:

*1 tablespoon olive oil
250 g lean bacon rashers, diced
2 cloves garlic, crushed
1 brown onion, coarsely chopped
800 g beef topside, cut into about
3 cm cubes
2 tablespoons seasoned flour
420 g can vegetable beef soup
415 g can chopped or crushed
tomatoes
2 cups water
3 tablespoons barbeque sauce
1 tablespoon Worcestershire sauce
250 g button mushrooms, cut into
half*

Nutrition information per serve:

Energy	1130 kJ
Protein	31 g
Fat	8 g
Carbohydrate	20 g

Winter Casserole

Serves 8

Method:

Heat oil in a heavy based heatproof saucepan or casserole dish. Fry bacon, garlic and onion, stirring frequently for 4-5 minutes or until onion softens. Remove to a small bowl, using a slotted spoon.

Toss the beef and seasoned flour together in a plastic bag until well coated. Reheat oil and brown beef in batches.

Return bacon mixture and beef. Stir in soup, tomatoes, water and sauces until combined.

Cover and simmer for 15-20 minutes.

Add the mushrooms.

Cover and continue to simmer or bake in a slow oven (160 C) for a further 40 minutes or until beef is tender.

Serve with mashed parsley potato, cooked pasta, steamed rice or fresh home baked bread (if you have a bread maker!) and seasonal vegetables.

Tips:

I often leave this meal to simmer in a slow oven or crockpot while collecting the kids from sport.

It is also a great meal to have ready for reheating after busy carnival days.

A can of crunchy cut vegetables can be added at the last minute. They only need to heat through as they are already cooked.



**Ingredients:**

*500 g cubed lamb or beef
1 onion, roughly chopped
1 carrot, sliced
2 sticks celery, sliced
1 large cooking apple, diced
2 heaped tablespoons plain flour
1 heaped tablespoon curry powder
420 g can tomato soup
concentrate
1 heaped tablespoon golden syrup
juice of ½ lemon (2 tablespoons)
1 ½ tablespoons brown sugar
seasoning to taste*

Nutrition information per serve:

Energy	1020 kJ
Protein	21 g
Fat	4 g
Carbohydrate	31 g

Sweet Lamb Curry

Serves 6

Method:

Preheat oven to 160 C.

Mix meat, onion, carrot, celery, and apple with flour and curry powder.

Add tomato soup, golden syrup, lemon juice, sugar and seasoning.

Stir all ingredients together well and cook covered in a 2-3 litre casserole dish in a slow oven for a minimum of 40 minutes until the meat is tender and the juices are thickened.

Tips:

Leave out the curry powder, add extra vegetables and call this dish a stew.

Serve with mashed potato, steamed rice or damper and seasonal greens.





Ingredients:

500 g lean beef mince
½ onion, finely diced
1 cup shortgrain rice
1 packet mild taco seasoning mix
150 mL can light evaporated milk
690 g can condensed tomato soup
3 cups water
2 beef stock cubes

Nutrition information per serve:

Energy	1120 kJ
Protein	23 g
Fat	4 g
Carbohydrate	35 g

Mexi Balls

Makes approximately 20 meatballs

Serves 6

Method:

Combine the mince, onion, rice, taco seasoning and evaporated milk together in a large bowl. Form into small meatballs and set aside. Place soup, water and stock cubes in a large, wide-based saucepan. Stir well and slowly bring to the boil. Drop in the meatballs, reduce heat and simmer for 30 minutes, gently shaking or stirring occasionally to prevent meatballs sticking to pan base. Serve 2-3 meatballs and sauce on a plate with crusty bread and steamed seasonal vegetables.

Tips:

This meal could be baked in a large casserole or roasting pan. Use a moderate oven (180 C) for 30-45 minutes. Have ready to quickly reheat for times when you're late home. These meatballs are great squashed onto bread for a quick snack.



**Ingredients:**

*4 cups water (1 litre)
1 medium onion, finely chopped
2 sticks of celery, sliced
2 large carrots, diced
2 cups shredded cabbage
1 cup chopped green beans
2 cloves garlic, crushed or to taste
1 tablespoon any stock powder or
three stock cubes
3 tablespoons tomato paste
425 g can crushed tomatoes
1/2 cup shortgrain rice
6 sprigs chopped parsley
300 g can chickpeas, drained and
rinsed
2, 300 g cans three or four bean
mix, red kidney or soya beans
drained and rinsed*

Nutrition information per serve:

Energy	750 kJ
Protein	10 g
Fat	1 g
Carbohydrate	32g

Hearty Minestrone

Serves 8

Method:

Pour water into a large saucepan.
Add onion, celery, carrots and cabbage.
Bring to the boil.
Stir in the rice. Reduce heat and simmer until
vegetables and rice are tender – approximately
10-12 minutes.
Stir occasionally and add extra water if necessary.
Lastly stir in the parsley, chickpeas and beans. Simmer
further until heated through.

Tips:

Serve with crusty bread or pita bread for “dunking”.
Top with freshly grated tasty cheese for extra calcium.
For a flavour boost, add a dash of sweet chilli or
Worcestershire sauce.





Ingredients:

1 kg potatoes, peeled and thinly sliced
420 g can condensed cream of chicken soup
¾ cup reduced fat milk
cracked black pepper to taste
½ cup fresh or ¼ cup dried breadcrumbs
½ cup reduced fat mozzarella cheese, grated

Nutrition information per serve:

Energy	926 kJ
Protein	12 g
Fat	6 g
Carbohydrate	29 g



Ingredients:

4 cups self-raising flour
a pinch of salt
60 g canola margarine
3 tablespoons sliced stuffed olives or chopped parsley
1 red capsicum finely diced or 2, 130 g cans diced capsicum, drained
440 g can creamy pumpkin soup
1 egg
Finely grated fresh parmesan cheese

Nutrition information per serve:

Energy	413 kJ
Protein	10 g
Fat	9 g
Carbohydrate	53 g

Quick Potato Bake

Serves 6 as a side dish

Method:

Preheat oven to 220 C.

Lightly spray a large ovenproof, microwave-safe dish with canola spray.

Evenly layer sliced potatoes into the prepared dish.

Cover and microwave 10 minutes on high or until potatoes are just tender.

While the potatoes are cooking, combine soup, milk and pepper in a medium bowl. Pour evenly over the cooked potatoes, gently moving the dish to allow the mixture to run through the potato layers.

Combine the grated cheese and breadcrumbs. Sprinkle over the potato mixture and bake for 15-20 minutes or until hot and golden.

Tips:

This is great served with the *Winter Casserole* or *Sweet Lamb Curry*.

Add some green and yellow vegetables for extra nutrition and colour.

Pumpkin Damper

Serves 8

Method

Preheat oven to 190 C.

Place flour and salt in a large bowl and rub in the margarine until mixture resembles fine breadcrumbs.

Add remaining ingredients, except cheese.

Mix to a soft, but not sticky, dough.

Knead gently on a lightly floured breadboard. Place on a large non-stick baking or pizza tray.

Pat out to a large round, about 23 cm in diameter, mark 8 wedges, cutting half way through. Sprinkle cheese on top. Bake for 20-25 minutes, until well risen and golden.

Tip:

This is great served with soup or a casserole.

Dietary Guidelines for Children and Adolescents.

1. Encourage and support breast feeding.
2. Children need appropriate food and physical activity to grow and develop normally. Growth should be checked regularly.
3. Eat a wide variety of nutritious foods.
4. Eat plenty of breads, cereals, vegetables (including legumes) and fruits.
5. Low fat diets are not suitable for young children: for older children, a diet low in fat and, in particular, low in saturated fat, is appropriate.
6. Encourage water as a drink. Alcohol is not recommended for children.
7. Eat only a moderate amount of sugars and foods containing added sugars.
8. Choose low-salt foods.

Specific nutrients

1. Eat foods containing calcium.
2. Eat foods containing iron.

Source: National Health and Medical Research Council. Dietary Guidelines for Children and Adolescents. Canberra: 1995. Australian Government Publishing Service.
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