

# kids goodhealth

RECIPE BOOK



Supported by



healthy food ideas with dairy

4 breakfast



10 lunch



16 snacks



20 dinner



26 desserts







# kids goodhealth

R E C I P E B O O K

Happy, healthy kids reaching their potential. We all want this for our children. As parents we can help our kids achieve this by encouraging a love of good food and good nutrition from an early age.

Importantly, growing bodies need the right mix of fuel and nutrients to be the best they can possibly be. Well-nourished children have more energy, greater concentration and less illness. An eating pattern that includes a variety of foods from across the food groups will provide children with the range of nutrients they need. This includes:

-  Eating plenty of vegetables, legumes and fruits and lots of breads and cereals (preferably wholegrain), including rice, pasta and noodles
-  Consuming lean meat, fish, poultry and/or alternatives
-  Enjoying milk, yogurt, cheese (reduced-fat varieties are suitable for children over 2 years)
-  Drinking plenty of water

As one of the core food groups, dairy foods are a good source of calcium and contain 9 other essential nutrients. Three serves of dairy every day will ensure children get most of the calcium they need for building strong bones. A serve of dairy might be a glass of milk, 40g (or 2 slices) of cheese or a tub of yogurt. You'll find many other great ways of including dairy in your children's day throughout this recipe book.

But food is much more than simply fuel and nutrients. Food should taste good, food should be fun, food should be social – it should be enjoyed! Offer children the opportunity to experience a wide range of foods, with different tastes and textures. Encourage them to get involved in food purchase and preparation. Use your imagination to present food in fun and creative ways. This booklet contains some great ideas to get you started.

With some planning and a little bit of know how, preparing good food doesn't have to be overly time consuming. The recipes and tips in this book have been designed with busy people in mind. You will also find some great tips on how to adapt recipes to suit the whole family. Children learn from observing their parents. Sharing a meal with your children is a good way to model good habits.

Helping your child to understand and develop a love of good food is a great start to a healthy approach to food for life. The recipes in this book provide some inspiration and practical help for combining great taste and good nutrition.

# breakfast



# Fruity Morning Muffins

## Spiced Fruit and Bran Muffins

### Makes 12 What to do

- 1 cup All Bran® cereal
- 1 cup Australian reduced-fat vanilla yogurt
- ½ cup sultanas
- ½ cup dried apricots, chopped
- ¼ cup apple juice
- 25g Australian reduced-fat dairy blend
- 1 cup wholemeal self-raising flour
- ½ teaspoon mixed spice
- ½ teaspoon cinnamon
- 2 eggs, lightly beaten
- 1 pear, grated
- 12 dried apricots, extra
- 1 tablespoon apple juice, extra

#### Nutrients Per Serve

Energy	641kJ
Protein	5.2g
Total Fat	3.0g
- Saturated Fat	1.1g
Carbohydrate	24.7g
- Sugars	15.9g
Dietary Fibre	4.5g
Sodium	177mg
Calcium	60mg
Iron	1.5mg

1. Combine cereal, yogurt, dried fruit and apple juice in a bowl and stand for 15 minutes.
2. Rub dairy blend into combined flour and spices. Add eggs, grated pear and cereal mixture, stir until just combined.
3. Spoon mixture into 12 lined ½ cup capacity muffins pans and bake at 200°C for 20 minutes until golden brown and cooked.
4. Top each muffin with a dried apricot, brush with extra apple juice and serve warm with a glass of milk.

**Note:** : Muffins have a 'pudding like' texture when removed from the oven. These muffins are best made and eaten on the same day, but can also be reheated in the microwave and served warm.

**Tip for Adults:** Add a little extra spice to the mixture and serve these muffins with a long latte!



# Porridge with Juicy Apricots

## Serves 4

## What to do

- 1 cup (150g) dried apricots
- 1 cup apple juice
- 1½ cups quick cooking oats
- 2 cups Australian reduced-fat milk
- 1 teaspoon vanilla essence
- 2 tablespoons apple juice, extra  
extra milk, for serving
- cinnamon, for sprinkling

1. Bring apricots and apple juice to the boil in a non-stick saucepan. Simmer 10 minutes until soft.
2. Bring oats, milk and vanilla essence to the boil over low heat, stirring continuously. Simmer 1-3 minutes until thickened. Stir in extra apple juice.
3. Serve porridge immediately, topped with poached apricots and syrup, pour over a little extra milk and sprinkle with cinnamon.

## Nutrients Per Serve

Energy	1319kJ
Protein	11.3g
Total Fat	5.3g
- Saturated Fat	1.9g
Carbohydrate	53.1g
- Sugars	29.8g
Dietary Fibre	5.6g
Sodium	96mg
Calcium	254mg
Iron	2.6mg

**Tip:** For an even faster breakfast option, substitute poached apricots with canned apricots.

**Tip for Adults:** Try serving the porridge with poached rhubarb or cherries and enjoy with a spicy chai latte.







# Breakfast Burritos

## Serves 4 What to do

- 4 eggs, lightly beaten
- ¼ cup Australian reduced-fat milk
- ¼ cup frozen corn kernels, thawed
- 2 tablespoons finely diced red capsicum
- 2 tablespoons finely diced green capsicum
- white pepper, to taste
- 100g baby button mushrooms, quartered
- 4 flour tortillas, warmed
- 2 medium tomatoes, sliced
- ¼ cup Australian reduced-fat cheddar cheese, grated

1. Lightly whisk eggs, milk, corn, capsicum and pepper together. Pour one quarter of the egg mixture into a small pre-heated non-stick frypan to just cover the base. Cook over medium heat until eggs are almost set. Turn over and cook for a further 15 seconds. Repeat with remaining mixture to make 4 omelettes. Cook mushrooms in the same frypan until golden.
2. Top each tortilla with a cooked omelette, sliced tomato, mushrooms and cheese. Fold the edge closest to you over one third of the filling and then fold in the sides of the tortilla to form a burrito.

### Nutrients Per Serve

Energy	828kJ
Protein	13.1g
Total Fat	8.9g
- Saturated Fat	3.0g
Carbohydrate	15.5g
- Sugars	4.0g
Dietary Fibre	2.7g
Sodium	226mg
Calcium	133mg
Iron	1.9mg

**Tip:** Serve burritos on a large platter, wrapped with a favourite coloured napkin and raffia. A delicious and colourful alternative to a 'traditional' weekend omelette.

**For Adults:** Add a dash of tabasco sauce to the omelette mixture.



# Volcano Breakfast Buns

## Egg, Ham and Cheese filled Breakfast Rolls

### Makes 4 What to do

- 4 wholegrain dinner rolls
- 1 slice shaved lean ham, cut in quarters
- $\frac{3}{4}$  cup baby spinach leaves
- 4 x 50g eggs
- $\frac{1}{3}$  cup grated reduced-fat cheddar cheese
- 1 tablespoon freshly chopped parsley
- sweet paprika, for dusting (optional)

1. Cut the top third off the rolls and scoop out most of the bread.
2. Line each roll with a piece of ham and spinach leaves. Crack an egg into each roll and sprinkle with cheese, parsley and paprika.
3. Bake at 180°C for 15 minutes or until the rolls and cheese are golden.

*Tip: An easy weekend breakfast or picnic idea. Can also be made ahead of time and eaten chilled.*



Nutrients Per Serve	
Energy	602kJ
Protein	11.4g
Total Fat	8.2g
- Saturated Fat	3.2g
Carbohydrate	5.9g
- Sugars	0.6g
Dietary Fibre	0.9g
Sodium	284mg
Calcium	109mg
Iron	1.4mg



# Strawberry Hotcakes with Three Fruit Salad

## Makes 12 What to do

- 1 cup self-raising flour
- ¾ cup Australian reduced-fat milk
- 1 egg
- 1 teaspoon vanilla essence
- 1 cup Australian reduced-fat strawberry yogurt
- 1 teaspoon Australian reduced-fat dairy blend
- 2 cups finely chopped fresh seasonal fruit, for serving (eg kiwifruit, strawberries, mango)

1. Place flour in a bowl and make a well in the centre. Combine milk, egg, vanilla and half the yogurt together then whisk into the flour to make a smooth batter. Rest for 5 minutes.
2. Melt dairy blend in a non stick frypan. Pour one third of the batter into the frypan and cook for 2 minutes until bubbles appear on the surface. Turn and cook until golden, then repeat with remaining mixture. Use a star shaped biscuit cutter to cut star shapes out of the hotcakes.
3. To serve, top each hotcake with a dollop of remaining strawberry yogurt and sprinkle with fruit salad.

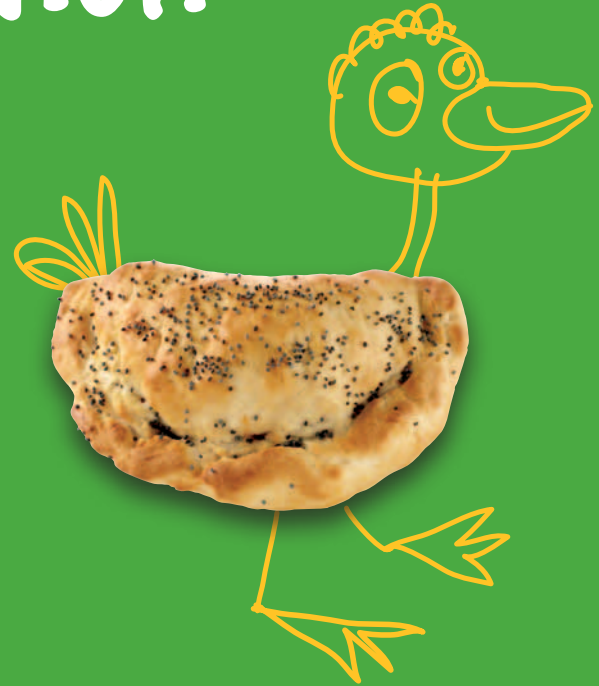
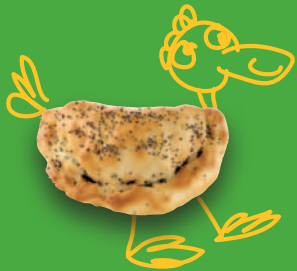
### Nutrients Per Serve

Energy	1108kJ
Protein	10.6g
Total Fat	3.9g
- Saturated Fat	1.7g
Carbohydrate	46.0g
- Sugars	20.7g
Dietary Fibre	2.6g
Sodium	324mg
Calcium	203mg

**Tip:** Try half-filling a lightly buttered star or novelty shaped biscuit cutter with the hotcake mixture to create shapes when cooking.



# lunch



# Chickadee Meatball Pops with Tropical Dunking Sauce

## Polenta Crusted Chicken Meatballs with Mango Yogurt Dipping Sauce

### Serves 6 What to do

- 250g lean minced chicken
- ¼ cup wholegrain breadcrumbs
- ⅓ cup grated Australian reduced-fat cheddar cheese
- ½ onion, finely chopped
- ¼ cup chopped parsley
- 1 clove garlic, crushed
- 2 tablespoons grated Australian parmesan cheese
- ⅓ cup polenta
- freshly ground black pepper, to taste
- 12 icy-pole sticks
- 1 cup Australian reduced-fat natural yogurt
- ¼ cup (50g) finely chopped mango
- 1 tablespoon chopped fresh herbs (parsley, mint, chives etc)

1. Combine chicken, breadcrumbs, cheddar, onion, 2 tablespoons parsley, garlic and 1 tablespoon parmesan together.
2. Using wet hands, roll chicken into walnut sized balls. Roll chicken balls in combined polenta, pepper, remaining parsley and parmesan. Place balls on a lined baking sheet. Bake at 180°C for 25-30 minutes or until coating is lightly browned. Then press an icy-pole stick into each, while still warm.
3. For sauce, combine yogurt, mango and herbs. Serve chicken meatballs warm with sauce.

#### Nutrients Per Serve

Energy	695kJ
Protein	14.1g
Total Fat	6.7g
- Saturated Fat	3.0g
Carbohydrate	11.4g
- Sugars	4.6g
Dietary Fibre	0.9g
Sodium	154mg
Calcium	163mg
Iron	0.9mg

**Tip:** Substitute finely chopped canned apricots, for mango if desired.

**For Adults:** Try using short lengths of lemon grass as skewers in place of icy-pole sticks, for an extra Asian flavour burst.





# Bubble and Squeak Slice

## Grated veggie crustless quiche

### Serves 8

### What to do

- 1 medium zucchini, grated
  - 1 carrot, grated
  - 1/3 cup frozen peas
  - 1/3 cup corn kernels
  - 1 clove garlic, crushed
  - 1 tablespoon water
  - 4 spring onions, chopped
  - 1/2 cup grated Australian reduced-fat cheddar cheese
  - 1/3 cup crumbled Australian reduced-fat feta cheese
  - 4 eggs, lightly beaten
  - 1/4 cup Australian reduced-fat milk
  - 1/4 cup chopped fresh herbs (parsley, mint, chives, basil)
  - 1/2 cup self-raising flour
  - 8 cherry tomatoes, halved
  - 1 tablespoon torn fresh basil leaves, for serving
1. Heat a non-stick frypan, add zucchini, carrot, peas, corn, garlic and water and cook until softened. Cool slightly.
  2. Combine cooked vegetables with spring onions, cheddar, feta, eggs, milk, herbs and flour. Spoon mixture into a lined 28cm x 18cm slab pan. Stud cherry tomatoes onto mixture decoratively and bake at 180°C for 35 minutes or until golden and cooked.
  3. Rest for 10-15 minutes before sprinkling with basil, slicing into small squares and serving.

*Tip: A delicious idea that can also be served cold in school lunch boxes or as a side dish to a main meal.*

**For Adults:** Stud the slice with sundried tomatoes in place of cherry tomatoes and serve with a spicy relish or chutney.

### Nutrients Per Serve

Energy	593kJ
Protein	10.3g
Total Fat	6.3g
- Saturated Fat	3.0g
Carbohydrate	10.1g
- Sugars	2.3g
Dietary Fibre	1.9g
Sodium	277mg
Calcium	139mg
Iron	1.1mg

# Crunchy Rainbow Coleslaw

## Cheddar Chicken Coleslaw

**Serves 4**    **What to do**

- ¾ cup Australian reduced-fat natural yogurt
- 2 tablespoons reduced-fat mayonnaise – 98% fat free
  - 1 tablespoon toasted sesame seeds
  - 1 teaspoon finely grated lemon rind
  - freshly ground black pepper, to taste
- 1½ cups shredded cooked lean chicken
- 100g red cabbage, finely shredded
- 100g green or Chinese cabbage, finely shredded
  - 1 large carrot, peeled and grated
- 1 Lebanese cucumber, cut into thin strips
  - ½ cup flat-leaf parsley leaves, chopped
- ⅓ cup grated Australian reduced-fat cheddar cheese

### Nutrients Per Serve

Energy	852kJ
Protein	19.6g
Total Fat	8.7g
- Saturated Fat	3.3g
Carbohydrate	9.6g
- Sugars	9.0g
Dietary Fibre	3.4g
Sodium	161mg
Calcium	220mg
Iron	1.7mg

**Tip:** Serve in mini noodle boxes as a lunchtime treat or as a side dish with a main meal.



## Super Sandwich Suggestions

**Layer slices of white and rye bread with reduced-fat cream cheese, tuna, chopped chives, avocado and lettuce. Cut into colourful “triple tuna decker” fingers.**

Make a “rainbow roll” by spreading a hollowed out roll with hommus, fill with layers of grated carrot, lettuce, beetroot and cheddar and pack firmly. Replace the lid and cut in half to reveal the rainbow centre!

**Mix tuna, corn kernels, chopped spring onion and celery with a little reduced-fat mayonnaise, spread onto sandwiches with lettuce and cheddar cheese.**

Spread a tortilla with combined avocado, lemon juice and extra light sour cream. Top with chopped tomato, chicken and grated cheese and roll into a “Lunchtime Burrito”.

**Spread bread with a little tomato paste and sandwich with lean ham, mushrooms, olives, capsicum, reduced-fat cheddar and sprinkle with oregano. Toast for a warming “Pizza Jaffle”.**



# Sushi-Style Wraps

## Tuna and Salad Wraps with Minted Cream Cheese

### Serves 4 What to do

- ½ cup Australian extra light spreadable cream cheese
- 1 tablespoon chopped fresh mint
- 4 small sheets mountain bread
- 4 large lettuce leaves, shredded
- 185g canned tuna in springwater, drained
- 1 small Lebanese cucumber, cut into strips
- 1 bunch fresh asparagus, trimmed and blanched
- 1 small carrot, peeled and thinly sliced with a peeler
- ½ bunch chives
- ½ cup grated Australian reduced-fat cheddar cheese

1. Combine cream cheese and mint. Spread thinly over each sheet of mountain bread.
2. Working from the longer edge of the mountain bread, arrange remaining ingredients beside each other in lines.
3. Roll up mountain bread tightly, pressing firmly. Wrap each roll tightly in cling wrap and refrigerate for 15 minutes. Remove, unwrap and slice into 'sushi' rounds.

#### Nutrients Per Serve

Energy	831kJ
Protein	19.9g
Total Fat	5.2g
- Saturated Fat	3.0g
Carbohydrate	16.0g
- Sugars	4.8g
Dietary Fibre	2.8g
Sodium	471mg
Calcium	152mg
Iron	1.7mg

**Tip:** Lay all ingredients neatly and compactly on mountain bread to achieve a 'sushi' effect when slicing.

**For Adults:** Try stirring a little wasabi paste through the cream cheese.



# Cheesy Pumpkin Pockets

## Cheese and Vegetable Pasties

### Serves 6 What to do

- 500g pumpkin, peeled, cut into 1.5 cm cubes
- 1 clove garlic, crushed
- ½ teaspoon sweet paprika
- olive oil spray
- 1 red capsicum, finely chopped
- 3 spring onions, finely chopped
- 200g Australian reduced-fat ricotta cheese, crumbled
- 2 tablespoons grated Australian parmesan cheese
- 15g Australian reduced-fat dairy spread
- 1½ cups self-raising flour
- ½ cup Australian reduced-fat milk
- extra milk, for glazing
- 1 teaspoon poppy seeds

1. Combine pumpkin, garlic and paprika in a lined baking dish. Lightly spray with oil and bake at 200°C for 10-15 minutes or until just tender.
2. Combine pumpkin with capsicum, spring onion, ricotta and parmesan.
3. Rub dairy spread into flour until mixture resembles fine breadcrumbs. Add milk and stir to combine until mixture forms a dough. Knead lightly until smooth. Divide mixture into 6 pieces and roll each out to form a 15cm round.
4. Top each pastry round with pumpkin mixture and fold in half to form a semi-circle. Fold and pinch edges of pastry to seal and enclose filling. Brush with extra milk and sprinkle with poppy seeds. Bake at 220°C for 15-20 minutes or until golden brown. Serve warm.

#### Tip for Adults:

Stir some pesto or tapenade through the filling mixture.

#### Nutrients Per Serve

Energy	1011kJ
Protein	11.0g
Total Fat	6.6g
- Saturated Fat	3.5g
Carbohydrate	33.0g
- Sugars	6.4g
Dietary Fibre	2.9g
Sodium	359mg
Calcium	198mg
Iron	0.9mg





**snacks**



## Sticky Banana Sandwiches

### Serves 4

- 8 very thin slices Frenchstick (baguette)
- 2 tablespoons Australian extra light spreadable cream cheese
- ½ teaspoon cinnamon
- 1 large banana, sliced
- 1 teaspoon honey or maple syrup

### What to do

1. Spread four slices of Frenchstick with combined cream cheese and cinnamon.
  2. Top with banana slices and drizzle with honey.
- Sandwich together with another slice of Frenchstick.

#### Nutrients Per Serve

Energy	573kj
Protein	4.8g
Total Fat	1.5g
- Saturated Fat	0.5g
Carbohydrate	25.0g
- Sugars	8.1g
Dietary Fibre	1.8g
Sodium	215mg
Calcium	32mg

#### Nutrients Per Serve

Energy	615kj
Protein	7.2g
Total Fat	5.3g
- Saturated Fat	2.7g
Carbohydrate	16.8g
- Sugars	7.2g
Dietary Fibre	1.4g
Sodium	221mg
Calcium	179mg
Iron	0.8mg

## Zebra Patterned Wedges

### Cheese and Apple Tortillas with Sweet Chilli Yogurt Dipping Sauce

### Serves 4 What to do

- ½ cup Australian reduced-fat natural yogurt
  - 1 tablespoon finely chopped red capsicum
  - 1 tablespoon finely chopped green capsicum
  - 1 teaspoon sweet chilli sauce
  - 4 flour tortillas
  - 1 medium granny smith apple, grated
  - ½ cup grated Australian reduced-fat cheddar cheese
1. Combine yogurt, capsicum and sweet chilli sauce to make dipping sauce.
  2. Sandwich 2 tortillas together with apple and cheese. Cook 2 minutes each side on a char-grill plate or in a sandwich press, pressing firmly until cheese is melted.
  3. Remove tortillas from heat, cut into wedges and serve with dipping sauce.



**Tip:** For an apple and cheese taquito, fold in sides of tortilla, loosely roll up like a parcel and place seam side down on a hot chargrill plate. Tortillas can also be cooked in a non-stick frypan.

**For Adults:** Add a little extra sweet chilli sauce or garlic to the dipping sauce.

# Fruit Salad Yo-Pops

## Fruit Salad and Yogurt Icy Poles

### Makes 12

125g strawberries, hulled

1 medium banana, peeled and chopped

200g canned fruit salad in natural juice,  
drained, 2 tablespoons juice reserved

1 mango, peeled and chopped

250g Australian reduced-fat natural yogurt

12 icy pole sticks

*Tip: Fresh mango can be substituted with 1 cup frozen mango, canned peaches, apricots or passionfruit.*

### What to do

1. Process strawberries with 2 teaspoons water in a blender until smooth. Remove and reserve.
2. Place remaining ingredients in blender and process until smooth.
3. Layer tablespoons of fruit salad puree with teaspoons of strawberry puree in icy pole moulds until full. Insert icy pole sticks and freeze until firm.

### Nutrients Per Serve

Energy	308kJ
Protein	3.0g
Total Fat	0.8g
- Saturated Fat	0.5g
Carbohydrate	12.5g
- Sugars	11.5g
Dietary Fibre	1.4g
Sodium	29mg
Calcium	73mg

**Tip for Adults:** Add a little mint to the pureed strawberries.





# Shake and Smoothie Sensations

**Get out the blender and whiz up these wacky smoothie ideas!**

## **Fruit Salad Frenzy**

Drain a can of fruit salad in natural juice, blend with banana, reduced-fat frozen yogurt and reduced-fat milk.

## **Fluffy Mango Passion**

Dribble some passionfruit into a chilled glass, pour over a smoothie made with mango, reduced-fat Australian milk and vanilla fromage frais.

## **Banana Bubble**

Whack some blueberries in a glass, pour over a banana smoothie made with natural yogurt, reduced-fat milk and honey. Serve with a long spoon to scoop out the blue bubbles!

## **Mixed Berry Madness**

Blitz some frozen mixed berries with strawberry yogurt and reduced-fat milk.

## **Apricot Cinna-Yum!**

Whiz together drained canned apricots in natural juice with cinnamon, natural yogurt and reduced-fat milk.

## **Triple Strawberry Sensation**

Press thin slices of strawberry onto the inside of a glass, scoop in some strawberry frozen yogurt and pour over a strawberry smoothie!



Try our best ever Shake-a-shakes! Pour chilled reduced-fat milk into an empty milk bottle, add fruit puree or topping and reduced-fat ice-cream. Replace lid and SHAKE SHAKE SHAKE! Pour into a chilled glass, chuck in a crazy straw and enjoy immediately! Try the following flavours:

**Apricot puree**

**Strawberry puree**

**Mango puree**

**Passionfruit**

**A dash of vanilla essence**

**A small spoon of Milo®**



## Speedy Snack Ideas

**Cut novelty shapes from fruit using biscuit cutters, skewer and serve with a "dipping" sauce of your favourite yogurt in a colourful bowl.**

Top toasted English muffins with tomato, ham and cheese or baked beans and cheese and grill for delicious smothered muffins.

**Create Yogurt Crumble Cups by layering fresh or canned fruit with yogurt and natural muesli or cereal in a cup.**

Fill a long roll with grated cheese, wrap in foil and bake for 10 minutes before ripping open your melted Torpedo Roll!

**For delicious Crack n' Egg Pies, cut the crusts off multigrain bread slices and press into muffin pans, crack an egg in each and sprinkle with cheese, corn and spring onion and bake until golden.**

Coat small pieces of chicken breast or fish in yogurt, dip into combined polenta and parmesan cheese and bake until cooked through. Serve nuggets with a tzatziki or avocado dip.

# dinner



# Lamb Skewers with Vegetable Couscous and Yogurt Drizzle

## Serves 4 What to do

- 1 cup Australian reduced-fat natural yogurt
- ¼ cup chopped fresh herbs (chives, parsley, basil, coriander)
- ½ clove garlic, crushed
- 400g lean lamb sirloin/backstrap steak, cut into 2.5 cm cubes
- 12 bamboo skewers, soaked in water and drained
- olive oil spray

### Vegetable Couscous

- ½ teaspoon olive oil
- 300g pumpkin, peeled and finely chopped
- 2 small red onions, finely chopped
- 1 small red capsicum, finely chopped
- 1 cup couscous
- 375ml boiling reduced salt vegetable stock
- 1 cup coriander leaves (or parsley), roughly chopped

1. Combine yogurt, herbs and garlic.
2. Thread lamb cubes onto bamboo skewers and coat in half the herbed yogurt. Refrigerate until required.
3. Heat oil in a non-stick saucepan, add chopped vegetables and cook until softened. Add couscous and stock. Turn off heat, cover and stand for 5 minutes or until all liquid has been absorbed. Lightly fluff with a fork and stir in coriander. Cook lamb on a lightly oiled, preheated BBQ or grill plate until done to your liking. Remove, cover and allow to rest for 3-5 minutes.
4. For serving, divide couscous between serving plates and top with lamb skewers and a dollop of reserved herbed yogurt.

### Nutrients Per Serve

Energy	1494kJ	Carbohydrate	41.4g
Protein	31.1g	- Sugars	10.2g
Total Fat	6.2g	Dietary Fibre	2.6g
- Saturated Fat	2.7g	Sodium	339mg
		Calcium	179mg
		Iron	4.9mg

**Tip:** Warm leftover vegetables may be added to the couscous as an alternative to pumpkin and capsicum. Lean lamb fillets or beef fillet can be used as an alternative to backstrap.



# Taco Boats

## Mexican Beef in Cos Lettuce Cups

### Serves 4 What to do

- 1 small onion, finely chopped
- 1 clove garlic, crushed
- $\frac{3}{4}$  cup water
- 250g lean minced beef
- pinch chilli powder (optional)
- $1\frac{1}{2}$  teaspoons ground cumin
- 400g can red kidney beans, drained
- 400g can chopped tomatoes
- freshly ground black pepper, to taste
- 2 tablespoons chopped parsley
- 1 small cos lettuce, outer leaves discarded
- 1 tomato, finely chopped
- $\frac{1}{3}$  cup grated Australian reduced-fat cheddar cheese
- $\frac{1}{3}$  cup Australian reduced-fat natural yogurt

**Tip:** The Mexican beef mixture is also great served in tortilla wraps. Sprinkle taco boats with a little avocado for extra colour!

**For Adults:** Add extra chilli sauce for serving.

1. Cook onion and garlic with 2 tablespoons of water in a non-stick saucepan until softened. Stir in minced beef and spices and cook over high heat until browned.
2. Add beans, tomatoes, pepper and remaining water. Reduce heat and simmer for 15 minutes until mixture has thickened. Stir in parsley.
3. To serve, spoon beef mixture into lettuce leaves, sprinkle with cheese, fresh tomato and dollop with yogurt.

#### Nutrients Per Serve

Energy	1124kJ
Protein	25.3g
Total Fat	6.6g
- Saturated Fat	3.1g
Carbohydrate	21.6g
- Sugars	9.1g
Dietary Fibre	8.9g
Sodium	458mg
Calcium	190mg
Iron	5.4mg





# Butterfly Pasta with Cheesy Clouds

## Tomato and Basil Farfalle with Baked Ricotta

### Serves 4 What to do

- 1 carrot, peeled and roughly chopped
- ½ zucchini, chopped
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 teaspoons olive oil
- pinch cinnamon
- 1 x 700ml bottle tomato passata\*  
or crushed tomatoes
- ½ cup water
- 300g Australian reduced-fat ricotta cheese
- 300g farfalle (butterfly) pasta
- 2 tablespoons grated Australian  
parmesan cheese
- ½ cup shredded basil leaves
- extra basil leaves, for garnish

#### Nutrients Per Serve

Energy	1848kJ
Protein	20.4g
Total Fat	11.2g
- Saturated Fat	5.6g
Carbohydrate	62.5g
- Sugars	9.8g
Dietary Fibre	3.7g
Sodium	551mg
Calcium	254mg
Iron	1.1mg

1. Blend vegetables and garlic in a food processor. Heat oil in a heavy based saucepan and add pureed vegetables and cinnamon. Cook over low heat for 2 minutes until softened. Stir in passata and water. Simmer covered for 30 minutes.
2. Crumble ricotta onto a lined baking tray, bake at 180°C for 15 minutes or until the edges of the ricotta are slightly golden.
3. Cook pasta in boiling water until al dente, drain and combine with tomato sauce, shredded basil and grated parmesan. Divide between serving bowls and top with extra basil leaves and baked ricotta.



\* Tomato passata is also known as "sugo" or "Italian style cooking sauce".

**Tip for Adults:** Try finishing with a few black olives and freshly ground black pepper.





# Cheesy Crusted Fish with Mash and Salsa

## Lemon and Cheese Crusted Fish Fillets with Squashed Pea Mash and Cherry Tomato Salsa

### Serves 4 What to do

- ½ onion, finely chopped
- 2 teaspoons water
- 750g potatoes, peeled and roughly chopped
- 1 cup frozen peas
- ½ cup hot Australian reduced-fat milk
- 2 tablespoons grated Australian reduced-fat cheddar cheese
- white pepper, to taste
- 1 tablespoon plain flour
- 1 teaspoon sweet paprika
- 2 tablespoons chopped fresh herbs (parsley, chives, basil, mint etc)
- 2 teaspoons finely grated lemon rind
- 2 tablespoons grated Australian parmesan cheese
- 4 x 125g skinless and boneless white fish fillets, cut into portions
- olive oil spray

### Cherry Tomato Salsa - Serves 4

- 1 punnet (250g) cherry tomatoes, quartered
- 1 small Lebanese cucumber, diced
- ½ small red onion, finely chopped
- 1 tablespoon shredded basil leaves
- 1 tablespoon balsamic vinegar
- 1 teaspoon extra virgin olive oil
- freshly ground black pepper, to taste

### Nutrients Per Serve

Energy	105kJ
Protein	0.5g
Total Fat	1.2g
- Saturated Fat	0.2g
Carbohydrate	2.1g
- Sugars	2.0g
Dietary Fibre	1.4g
Sodium	12mg

1. Combine Cherry Tomato Salsa ingredients and allow to stand.
2. Cook onion with 2 teaspoons water in a large non-stick saucepan, until softened. Add potatoes and enough water to cover. Bring to the boil, cover and simmer until potatoes are tender. Add peas and simmer for 2-3 minutes. Drain and return potato mixture to saucepan over low heat. Add hot milk, mash, mix in cheddar cheese and season with pepper. Keep warm.
3. Combine flour, paprika, herbs, lemon rind and parmesan cheese. Press onto 1 side of each fish fillet. Refrigerate for 5 minutes.
4. Preheat a non-stick frypan over high heat. Lightly spray with oil. Cook fish 2 minutes on each side, beginning with the coated side.
5. To serve, divide mash between serving plates, place cooked fish on top and serve with Cherry Tomato Salsa.

### Nutrients Per Serve

Energy	1469kJ
Protein	36.9g
Total Fat	6.4g
- Saturated Fat	2.8g
Carbohydrate	32.7g
- Sugars	4.6g
Dietary Fibre	5.5g
Sodium	225mg
Calcium	191mg
Iron	2.9mg



**Tip:** Thin pieces of chicken also work well with the cheesy crust.

**For Adults:** Add a few chopped black olives to the salsa and a dollop of wholegrain mustard to the mash.

# Chicken Noodle Nests

## Mild Chicken Curry with Hokkein Noodles

### Serves 4 What to do

- olive oil spray
- 500g skinless chicken breast fillets, cut into thin strips
- 1 onion, finely chopped
- 1 red capsicum, finely chopped
- 1 green capsicum, finely chopped
- 3 teaspoons mild curry powder
- 375g packet fresh hokkein noodles, soaked in boiling water for 10 minutes
- 100g snow peas, trimmed and cut into fine strips
- $\frac{3}{4}$  cup Australian reduced-fat evaporated milk
- $1\frac{1}{2}$  teaspoons cornflour
- $\frac{1}{2}$  cup Australian reduced-fat natural yogurt
- chopped fresh parsley or coriander leaves, for serving (optional)

#### Nutrients Per Serve

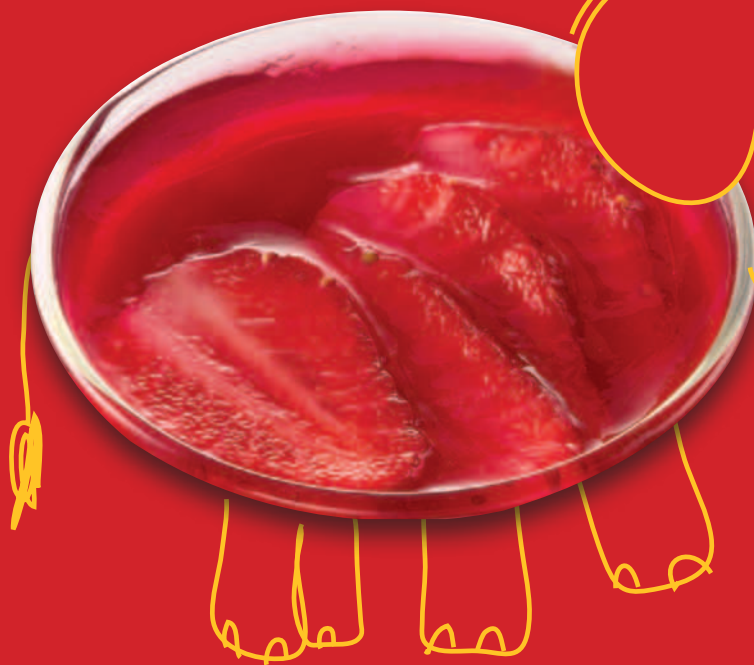
Energy	2182kJ
Protein	43.1g
Total Fat	10.1g
- Saturated Fat	3.4g
Carbohydrate	61.6g
- Sugars	11.2g
Dietary Fibre	3.6g
Sodium	158mg
Calcium	229mg
Iron	2.7mg

1. Heat a non-stick wok or frypan and lightly spray with oil. Stir fry chicken, onion, capsicum and curry powder for 2-3 minutes.
2. Add noodles, snow peas and combined evaporated milk and cornflour to the chicken mixture. Cook, tossing for 1 minute, until slightly thickened. Stir through yogurt and herbs. Using tongs, twirl noodles into a nest shape in a bowl or plate and serve immediately.

**Tip for adults:**  
*add a little grated ginger and some extra coriander leaves.*



# desserts



# Luscious Lemon Delicious

## Light Lemon Delicious with Seasonal Fruit and Frozen Yogurt

### Serves 6

- ¼ cup caster sugar
- 40g Australian reduced-fat dairy blend
- 2 teaspoons finely grated lemon rind
- 2 eggs, separated
- ¼ cup lemon juice
- 1 cup Australian reduced-fat milk
- ¼ cup self-raising flour
- 250g seasonal fruit
- 4 small scoops Australian reduced-fat frozen yogurt or ice cream

### What to do

1. Beat sugar, dairy blend and lemon rind together until light and creamy. Beat in egg yolks and lemon juice, then fold in milk and flour.
2. Beat egg whites until soft peaks form and fold into lemon mixture (the mixture will be slightly lumpy). Divide mixture between 6 lightly buttered ramekins or teacups. Place ramekins in a deep baking dish and fill dish with enough boiling water to come half way up the sides of the ramekins.
3. Bake at 180°C for 45 minutes. Serve immediately with seasonal fruit and frozen yogurt.

**Tip for Adults:** Try adding some lime and orange rind to create a "Citrus Delicious".  
Bake in teacups and serve with mint marinated orange segments.

### Nutrients Per Serve

Energy	762kJ
Protein	5.7g
Total Fat	7.2g
- Saturated Fat	3.1g
Carbohydrate	23.6g
- Sugars	19.1g
Dietary Fibre	1.1g
Sodium	120mg
Calcium	102mg





## Double Decker Yogurt Cups

### Strawberry Yogurt and Jelly Dessert Cups

#### Serves 4    What to do

- 250g punnet strawberries, washed, hulled and sliced
- 2 cups Australian reduced-fat vanilla yogurt
- 2 teaspoons gelatine dissolved in 2 tablespoons boiling water
- 1 sachet natural strawberry or raspberry flavoured jelly crystals

1. Combine  $\frac{3}{4}$  of the strawberries with yogurt and dissolved gelatine. Pour into the base of 4 glasses or disposable cups. Refrigerate until set.
2. Dissolve jelly crystals with 1 cup boiling water then cool to room temperature.
3. Arrange remaining strawberries over the yogurt and carefully pour in cooled jelly to fill each cup. Cover and refrigerate until set.

*Tip: For a party, place a small plastic spoon into the cups before filling them.*

**Tip for Adults:** Add some scraped vanilla seeds to the yogurt and substitute the strawberries for whole raspberries. Make this dessert in decorative glasses for a special touch.

#### Nutrients Per Serve

Energy	645kJ
Protein	9.2g
Total Fat	2.3g
- Saturated Fat	1.4g
Carbohydrate	24.3g
- Sugars	24.3g
Dietary Fibre	1.4g
Sodium	109mg
Calcium	208mg





# Three serves

of dairy every day for calcium and good health.

## 3 serves of dairy

Eating 3 serves of dairy every day as part of a healthy, balanced diet will provide most people with their average daily requirement for calcium.

Calcium is one of the 10 essential nutrients naturally found in dairy foods. One serve of dairy is equal to:

- 1 glass (250mL) of milk
- 1 tub (200g) of yogurt
- 2 slices (40g) of cheese

The table at right shows the approximate number of serves of dairy food needed each day to help ensure you meet your Recommended Dietary Intake (RDI) for calcium throughout life, plus a significant amount of many other essential nutrients.

	Age (years)	RDI for calcium (mg)	No. of serves of dairy
<b>Children</b>	1-3	500	
	4-8	700	
<b>Boys</b>	9-11	1000	
	12-13	1300	
	14-18	1300	
<b>Girls</b>	9-11	1000	
	12-13	1300	
	14-18	1300 <sup>†</sup>	

\* or 3 serves if at least one serve is a calcium-enriched dairy food (like milk with extra calcium added).

† there is no increase in the RDI for 14-18 year old girls who are pregnant or lactating.



## Healthy Options Box

<b>Ingredient</b>	<b>Variety or Substitute used in Good Health Recipe Book for Kids</b>
Baked beans	Low salt baked beans
Bread	Wholegrain or wholemeal bread
Butter	Reduced fat dairy blend
Canned fruit	Canned fruit in natural juice
Cheese	
- Cheddar	25% reduced fat cheddar cheese
- Cream cheese	80% reduced fat cream cheese (extra light)
- Feta and ricotta	Reduced fat varieties available in supermarkets and delis
Cream/coconut milk	Evaporated milk
Dips	Reduced fat varieties
Ham	Shaved lite ham
Ice cream	Reduced fat frozen yogurt or ice cream
Liquid stock	Reduced salt stock
Mayonnaise	98% fat free mayonnaise
Milk	Reduced fat varieties
Minced meat/chicken	5 star or diet mince, minced chicken breast
Oil	Olive oil spray
Tuna	Tuna in spring water, drained
Yogurt	Reduced fat varieties

# kids goodhealth RECIPE BOOK

This information has been independently reviewed by Nutrition Australia (NA).  
Dairy Australia is a NA corporate partner.

Nutrition Australia is a non profit community nutrition education organisation that promotes *“Optimal health through food variety and physical activity”*. Nutrition Australia provides nutrition information and delivers health promotion programs that simplify nutrition science and empower people to live healthier lifestyles. Learning simple food preparation tips and sharing and enjoying preparing healthy meals is a vital part of healthy eating. This cook book developed by Dairy Australia provides a variety of nutritious meal ideas for all eating occasions. Kids will love getting involved in preparing food which can be enjoyed by the whole family.

For more information on how to fall in love with food for health visit the Nutrition Australia website at: [www.nutritionaustralia.org](http://www.nutritionaustralia.org)



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