



The Neighbourhood Hub

Tips & Recipes: Healthy
Meals for Families

Mackay Regional Financial Wellbeing
Service

Phone: 07 4957 2626

venetiaa@tnhub.org.au

Index

How to get Children to eat Healthy	pg. 2
Dealing with picky eaters	pg. 2
<u>Healthy Main Meals</u>	
Homemade Chicken Nuggets for Kids	pg. 4
Slow Cooked Porcupine Meat Balls	pg. 5
Ham & Cheese Baked Potato	pg. 6
Healthy Nachos	pg. 7
Hidden Veggies Tomato Sauce	pg. 8
Cauliflower Mac & Cheese	pg. 9
<u>Healthy Lunch Box Snacks</u>	
Healthy Lunch Box Muffins	pg. 11
Lunch Box Lasagne Cups	pg. 12
Sweet Potato & Baby Spinach Balls	pg. 13
Vegetable Doughnuts	pg. 14
Hidden Veggie Sausage Rolls	pg. 15 - 16
No Bake Coconut & Date Balls	pg. 17
Nut Free Muesli Bars	pg. 18
Sultana Bran Snack Bars	pg. 19
Raw Cacao Balls	pg. 20
<u>Healthy Smoothies for Kids</u>	pgs.21 & 22
Quinoa Berry Smoothie	
Tropical Green Smoothie	
Carrot & Orange Smoothie	
Chocolate Chai Smoothie	

HOW TO GET CHILDREN TO EAT HEALTHY

Substitute healthier snacks like fruits, pretzels and hummus for treats.

Give your child multiple healthy choices. Giving them the chance to choose between grapes, apples, bananas, or an orange will excite them and make them feel in charge.

Only introduce one new food a day. Preferably match the new food with 1-2 old favourites.

Children will learn to like healthy food such as vegetables if they are regularly exposed to them from a young age.

Make eating fun and let children play with their food to explore all the colours, flavours and textures when they are young.

Parents play a major role modelling proper eating habits. Children will copy you. So, if you want children to eat healthy you have to eat healthy yourself.

DEALING WITH PICKY EATERS

Make children part of meal planning. Have them choose one part of the meal each night, have them make a grocery list with you and get them to prepare simple parts of the meal, like mixing or stirring things.

If possible, have a vegetable garden where children are involved in growing, picking and cooking vegetables.

Hide healthy ingredients in old favourites. You can sneak vegetables into almost anything. Try pureeing or finely chopping up some vegetables into food your children like.

Make food fun. Smiley faces look a lot more appetizing. Use the occasional drop of food colouring to make “Green eggs and ham” or blue spaghetti squash.

Make your food the only meal option they get. Make one meal and stick to it.

Healthy Main Meals

Homemade Chicken Nuggets for Kids

Serves 4

Ingredients:

400grams Chicken breast fillets

40mls reduced fat milk

1 Cup whole meal breadcrumbs

4 cups baby spinach

16grams reduced fat mayonnaise

Instructions:

1. Preheat oven to 200C
2. Chop Chicken into bite sized pieces then dip into milk, followed by breadcrumbs.
3. Place on a lined backing tray and bake in the oven for 25 minutes, turning once
4. Serve nuggets on a bed of baby spinach with mayonnaise on the side.



Slow Cooked Porcupine Meat Balls

Serves 4

Ingredients:

500gs Lean mince (Beef/Pork/ Chicken)
1 small Brown onion (finely chopped)
1 can Condensed tomato Soup
1 Grated Zucchini
2 Grated carrots
2 Cloves garlic crushed
1 Egg beaten
125 grams cooked brown rice
1 tsp Worcestershire sauce
2 tsp Dry or chopped Oregano
Water

Instructions:

1. To make the meatballs mix the mince, half of the onion, half of the oregano, egg, minced garlic, grated carrot and zucchini and brown rice together. Roll into about 10 / 15 meat balls.
2. Put the meatballs into a slow cooker.
3. Mix together in a big jug the tomato soup, Worcestershire, the rest of the oregano and onion.
4. Set slow cooker on high and cook for 5 hours.
5. Can be served by itself, with pasta, salad, more rice or some crusty bread.



Ham & Cheese Baked Potato

Serves 4

Ingredients:

4 Potatoes
2 ripe tomatoes diced
10 slices of lean smoked ham diced
400 grams baked beans (salt reduced)
½cup reduced fat cheddar cheese (grated)
1 tsp dried mixed herbs
Salt and pepper to taste

Instructions:

1. Preheat oven to 180C
2. Prick potatoes with a fork and wrap in foil or baking paper. Bake in the oven for 1 hour until tender. Preheat griller to high.
3. Combine the ham, beans and chopped tomato.
4. Cut potatoes into quarters, leaving a bit attached at the base. Open the centre and then fill with baked beans mixture.
5. Top with grated cheese and place under griller for a minute or two to melt cheese. Season with salt and pepper, and dried mixed herbs



Healthy Nachos

Serves 4

Ingredients:

- 4 Wholemeal tortillas
- 1 can diced tomatoes (200g)
- 1 cup of red and green capsicums diced
- 1 cup sweet corn
- 1 cup refried beans (salt reduced)
- ½ cup grated cheese
- 1 tsp paprika
- 1 medium avocado
- 2 tbsp Greek yoghurt (low fat)

Instructions:

1. Preheat oven to 180C.
2. Cut tortillas into triangles, spread onto two baking trays and place in the oven.
3. Bake for 5 – 10 minutes or until golden then remove and set aside.
4. In a small saucepan, combine tomatoes, capsicum, corn, paprika and beans.
5. Stir over medium heat until ingredients begin to meld together.
6. Separate tortilla chips into four bowls, top with bean mixture then sprinkle over cheese.
7. Place under a hot griller for 5 minutes or until cheese melts.
8. Top with avocado and Greek yoghurt to taste.



Recipes taken from Kids pot Kitchen – www.kidspot.com.au and My Fussy Eater – www.myfussyeater.com

Hidden Veggie Tomato Sauce

(Perfect for pastas, pizza, no added sugar and it can be frozen too)

Ingredients:

- 1 tbsp oil
 - 1 medium onion finely chopped
 - 2 garlic cloves, crushed
 - 3 carrots, finely dices
 - 2 Celery sticks, finely diced
 - 2 zucchinis, finely diced
 - 1 red capsicum, chopped
 - 2 x 700-gram bottles of Passata sauce
 - 2 cups vegetable stock
 - 1 tbsp tomato puree
 - 1 tsp dried Italian herbs
 - 1 tsp paprika
- Optional: handful of fresh basil leaves



Instructions:

1. Heat the oil in a large saucepan. Add the onions and fry for 2-3 minutes. Add the garlic and fry for another minute before adding the carrots, celery, zucchinis and capsicum.
2. Pour in the veggie stock and passata and stir well. Add the tomato puree, dried herbs and paprika and bring to boil.
3. Simmer on a medium heat for about 20minutes or until the vegetables are soft. If you want to add the fresh basil leaves do so when the vegetables are soft.
4. Remove from the heat and blitz with a hand blender or in an upright blender until smooth.
5. Pour the sauce into jars, containers or freezer bags and allow to cool before refrigerating or freezing.

Cauliflower Mac and Cheese

Serves 4

Ingredients:

4 cups Cauliflower florets
Cooking oil spray
4 tbsp plain yoghurt
½ tsp ground nutmeg
1 cup Macaroni (uncooked)
½ cup ricotta cheese
4 tbsp mozzarella cheese grated
½ cup parmesan cheese grated
4 cups mixed lettuce leaves
2 tomatoes chopped
4 tsp lemon juice
pepper



Instructions:

1. Preheat oven to 200C. Cut cauliflower into florets and place on a lined baking tray. Lightly spray with cooking oil. Sprinkle with nutmeg and season with pepper. Place in oven to roast for 15 minutes.
2. While the cauliflower is roasting, cook macaroni according to packet directions.
3. In a small baking dish combine mozzarella, ricotta, yoghurt and 1 tablespoon of hot pasta cooking water and mix well. Stir through the roasted cauliflower and cooked macaroni.
4. Sprinkle the parmesan over the top and place dish in the oven for 10 minutes until golden and slightly crunchy on top.
5. Combine lettuce and tomato with lemon juice and serve on the side with Cauliflower Mac and Cheese.

Healthy Lunch Box Snacks

Healthy Lunch box Muffins

Ingredients:

250g cream cheese

2 eggs

1 cup milk

1 ⅔ cups self-raising flour

1 tsp cinnamon

1 cup grated carrot

2 apples grated

⅓ cup sultanas

Instructions:

1. Preheat oven to 200C (180 fan forced)
2. Microwave cream cheese for one minute to soften slightly. In a large bowl, whisk cream cheese with eggs and milk until smooth. Whisk in flour and cinnamon. Stir through carrot, apples and sultanas.
3. Grease a 12-hole normal muffin tin. Distribute batter evenly. Bake for 30 – 35 minutes until cooked through.



Lunch Box Lasagne Cups

Makes 6

Ingredients:

6 tbs Bolognese pasta sauce

1 egg

3 sheets fresh lasagne sheets

3 tbs tasty cheese

2tbs parmesan cheese

Instructions:

1. Preheat the oven to 200C. Spray a six-hole muffin tin with olive oil.
2. Mix the egg into the Bolognese sauce.
3. Cut each lasagne sheet in half. You should end up with six squares of fresh lasagne.
4. Fold each square of pasta into each muffin holes to create a cup of pasta sheet in each hole.
5. Spoon one or two tablespoons of Bolognese sauce into each muffin hole. Sprinkle each one with tasty cheese and finish off with parmesan cheese on top.
6. Bake in the oven for 20 minutes or until cheese is golden and bubbling.

Allow to cool and put in lunch boxes, yours and the kids!



Sweet Potato and Baby Spinach Balls

Ingredients:

2 Sweet potatoes (cut into pieces, peeled)

2 tbs coconut milk

1 cup baby spinach leaves

1 tsp ground cumin

½ tsp garlic

½ tsp salt

Instructions:

1. Put a large pot of salted water on the stove to boil. Cut up the sweet potato (or potato if you like) and cook until tender (about 20 minutes).
2. Heat the Deep Fryer until hot.
3. Mash the sweet potato until smooth. Add the coconut milk. Stir in the baby spinach and add the cumin, garlic and salt.
4. Roll into 4cm balls. Place in the fridge for 20 minutes or so to firm up.
5. Deep fry each ball for 5 – 6 minutes or until golden. Place on a paper sheet to drain, and then eat hot.



Vegetable doughnuts

Makes 6

Ingredients:

½ cup vegetable oil (plus extra for greasing)

¾ cup milk

1 egg

1 cup self-raising flour

1 cup cheddar cheese

½ cup vegetables, diced



Instructions:

Preheat the oven to 180C. Lightly grease six holes of a doughnut muffin tin. Unscrew the lid of your protein shaker and add the oil, milk and egg, followed by the self-raising flour. Close the lid tight and shake for 1 minute.

Open the lid and pour the mixture into the muffin tin holes until they are three quarters full.

Sprinkle the cheese and diced vegetables over the top of the doughnuts. The vegetables are meant to represent hundreds and thousands, so use a mixture of colours to make them look awesome.

Pop the tin in the oven for 20minutes or until the doughnuts are cooked though. Leave to cool in the tin, then pop them straight into school lunch boxes or keep in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.

Hidden Veggie Sausage Rolls

Makes 8

Ingredients:

1 tsp oil

1 medium zucchini, grated

1 large carrot, grated

1 clove garlic, crushed or finely chopped

350g sausage meat

1 sheet ready puff pastry

1 egg, beaten

Optional: ½ tbsp poppy seeds or sesame seeds to decorate

Instructions:

1. Preheat the oven to 180C and line a baking tray with greaseproof paper.
2. Heat the oil in a frying pan and add in the grated zucchini and carrot, with the garlic. Cook on a low heat until the vegetables are softened for about 4 minutes. Don't let them brown, you just want them soft. Once the vegetables are cooked add them to a large bowl along with the sausage meat and mix well.
3. While the mixture is cooling take your sheet of puffed pastry and cut it in half lengthways so that you have two rectangular shaped pieces. Divide the sausage meat mixture into two and spread each piece down the middle of the pastry sheets, leaving a gap of about 1cm either side.
4. Roll the pastry over the sausage meat mixture so that the two edges meet. Press down with a fork to seal it.
5. Cut the sausage rolls into whatever size you like. Place the sausage rolls onto the baking sheet and brush with a little beaten egg. Sprinkle some poppy or sesame seeds on top.

6. Cook in the oven for 25-35 minutes (time will depend on the size of the sausage rolls so be sure to check them often from 25 minutes) until golden brown and cooked through.
7. Serve immediately with a side salad or some mixed vegetables.



No Bake Coconut and Date Balls

Ingredients:

3 cups desiccated coconut

2 cup pitted dates

Instructions:

1. Place 2 cups of coconut and the dates into a blender or food processor.
2. Process on high speed for 3-4 minutes, pausing to scrape down sides as needed.
3. Remove from processor and roll teaspoon – sized balls. Roll in remaining 1 cup coconut.
4. Pack in portions for snacks, to put in lunch boxes and keep on hand to satisfy a sweet tooth in a healthy way.



Nut-Free Muesli Bars

Ingredients:

- 1 cup rolled oats
- 1 cup desiccated coconut
- ¼ cup sesame seeds
- ½ cup pumpkin seeds
- ½ cup dried apricots
- ½ cup dried cranberries
- 125g Western star salted butter
- ½ cup honey
- ¼ cup brown sugar

Instructions:

1. Toast oats, coconut, seeds in a non-stick frying pan over medium heat, stirring frequently for 5-8 minutes or until golden. Transfer to a large bowl to cool, then stir in dried fruit.
2. Add butter, honey and sugar to the frypan and cook stirring for 2-3 minutes or until sugar dissolves. Bring to the boil and simmer over low heat for 5-7 minutes with out stirring, until thickened and glossy.
3. Stir butter mixture into dry ingredients and spoon into a lined 25cm x 16cm slice pan and press down firmly. Cool completely before cutting into small bars or squares for serving.

Sultana Bran Snack Bars

Makes 12

Ingredients:

½ cup brown sugar (firmly packed)

125g margarine

⅓ cup golden syrup

3 ½ cups Kellogg's Sultana Bran

⅔ cup plain flour

½ cup dried apricot (finely chopped)

2 eggs (lightly beaten)

Instructions:

1. Preheat oven to moderate (180C / 160C fan forced).
2. Grease 19cm x 29 cm rectangular slice pan; line base and two long sides with baking paper.
3. Combine sugar, margarine and syrup in medium saucepan; stir over low heat until margarine melts.
4. Stir in remaining ingredients; mix until well combined.
5. Spread mixture into prepared pan.
6. Bake, uncovered, in moderate oven about 30 minutes or until browned and firm to touch.



Raw Cacao Balls

Ingredients:

2 ½ Cups desiccated coconut

¼ cup coconut oil

⅓ cup raw honey

½ cup raw cacao powder

1 tsp vanilla extract

Instructions:

1. Put all the ingredients into a food processor and whiz them together well. (if you don't have a processor, try and mixing it all by hand)
2. The mixture should be wet but not soaked. If you find it too wet just add some more coconut. If it is too dry, add more oil.
3. Roll tablespoons of the mixture into balls with your hands, then roll the balls in shredded coconut and place them on a cookie tray.
4. Put them in the freezer for approximately 30minutes, or until they are set.



Healthy Smoothies for Kids

Ingredients:

Quinoa Berry Smoothie

300mls milk

100g plain Greek yoghurt

1 banana

250g frozen berries

100g cooked quinoa (30g uncooked)

2 tsp honey

Tropical Green Smoothie

250ml coconut milk

250ml coconut water

1 banana

200g frozen tropical fruit

50g fresh spinach



Carrot and Orange Smoothie

250ml orange juice

250ml cold water

250g frozen sunshine fruit mix

100g cooked carrot

1 tbsp golden linseeds (or flaxseeds)

Chocolate Chia Smoothie

400mls milk

100g plain Greek yoghurt

1 banana

1 tbsp coco powder

1 tbsp chia seeds

1 tbsp golden linseeds (flaxseeds)

2 tsp honey

Instructions:

1. Place the ingredients for one smoothie at a time into a blender and blitz until smooth.
2. Pour into three glasses or jars and serve immediately.