



## Acknowledgements

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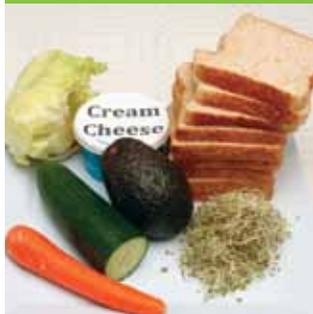
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Simple step-by-step recipes that kids can prepare in the classroom or at home with the family

# Super Mini Sandwiches



## Ingredients



### For your class (20):

3 carrots  
1 cucumber  
1 punnet alfalfa  
1 avocado  
1 lettuce  
250g cream cheese  
2 loaves wholemeal bread

### For your family (4):

1 carrot  
½ cucumber  
1 punnet alfalfa  
½ avocado  
½ lettuce  
125g cream cheese  
¾ loaf wholemeal bread



## Equipment:

- knife
- butter knife
- chopping board
- grater
- toothpicks



- 1** Grate the carrots, shred the lettuce and slice the cucumber into rings. Place 1 slice of bread onto the chopping board and spread with a thin layer of cream cheese.



- 2** Cover the cream cheese with alfalfa and carrot. Place another slice of bread on top.



- 3** Cover this second slice with cucumber and lettuce. Spread a third slice of bread with avocado and place on top to finish the sandwich.



- 4** Cut into squares or triangles and place a toothpick through each quarter to serve.

# Tomato and Bean Pasta



## Ingredients



### For your class (20):

- 3 tins tomatoes
- 1 tin beans
- 2 cloves garlic
- 1 onion
- ½ cup tomato paste
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon basil/oregano
- 1 bunch spinach
- 500g pasta

### For your family (4):

- 2 tins tomatoes
- 1 tin beans
- 2 cloves garlic
- 1 onion
- ½ cup tomato paste
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon basil/oregano
- 1 bunch spinach
- 300g pasta



## Equipment:

- chopping board
- wooden spoon
- knife
- can opener
- saucepan / fry pan



- 1** Chop onion and garlic. Wash and roughly chop spinach. Drain and rinse beans. Cook pasta.



- 2** Cook onion and garlic in a saucepan or deep fry pan. Cook pasta according to packet directions.



- 3** Add tomatoes, tomato paste, herbs, sugar and salt. Boil gently for 5 minutes.

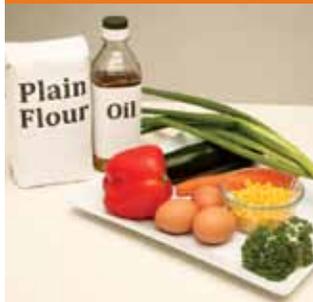


- 4** Add beans, spinach and cooked pasta. Stir to combine while gently heating through.

# Vegetable Fritters



## Ingredients



### For your class (20):

- 1 carrot
- 1 zucchini
- 1 red capsicum
- ½ cup corn kernels
- 2 spring onions
- 1 tablespoon parsley
- 1½ cups plain flour
- 3 eggs
- oil for frying

### For your family (4):

- 1 carrot
- 1 zucchini
- 1 red capsicum
- ½ cup corn kernels
- 2 spring onions
- 1 tablespoon parsley
- 1½ cups plain flour
- 3 eggs
- oil for frying



## Equipment:

- chopping board
- fry pan
- knife
- wooden spoon
- grater
- mixing bowl



- 1** Grate the carrot and zucchini. Finely chop the capsicum, spring onions and parsley. Place ingredients in a large bowl.



- 2** Add flour and whisked egg. Stir to combine.



- 3** Heat about 1 teaspoon of oil in a frying pan. Once hot, drop 1 tablespoon of mixture per fritter into the pan.

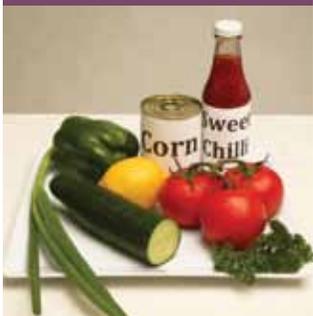


- 4** Cook for 2-4 minutes (medium heat) each side until golden & cooked through. Serve with dipping sauce like sour cream & sweet chilli, or topped with salsa.

# Mexicorn Salad



## Ingredients



### For your class (20):

2 tins corn kernels  
2 green capsicums  
6 tomatoes  
1 cucumber  
4 tablespoons parsley  
2 spring onions  
juice of 1 lemon  
2 tablespoons of sweet chilli sauce

### For your family (4):

1 tin corn kernels  
1 green capsicum  
3 tomatoes  
½ cucumber  
2 tablespoons parsley  
1 spring onion  
juice of ½ lemon  
1 tablespoon of sweet chilli sauce



## Equipment:

- chopping board
- mixing bowl
- knife
- tablespoon



- 1 Chop the capsicum, tomato and cucumber into small squares.



- 2 Finely chop the parsley and spring onion. Drain the tinned corn.

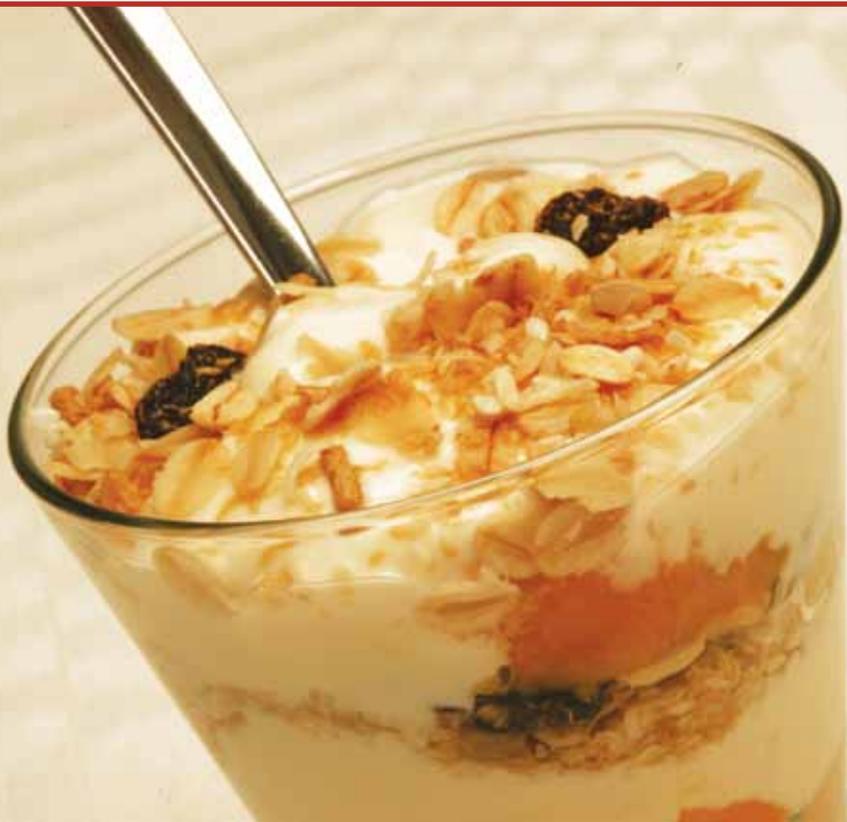


- 3 Combine all chopped ingredients in bowl.



- 4 Add the lemon juice and sweet chilli sauce and mix well to combine.

# Crumble Cups



## Ingredients



**For your class (20):**

3kg yoghurt  
3 x 400g tins fruit  
750g muesli

**For your family (4):**

500g yoghurt  
400g tin fruit  
1 cup muesli



## Equipment:

- small glasses / plastic cups
- can opener
- spoons



- 1** Set out one cup per person and place a spoonful of fruit into each cup.



- 2** Place a spoonful of yoghurt into each cup.



- 3** Place a spoonful of muesli into each cup.



- 4** Repeat the fruit, yoghurt and muesli layers. Place a teaspoon in each cup.