

Tempt children after school with some healthy vegetable based snacks that they can help prepare!

VEGETABLE PANCAKES

Ingredients

Recipe serves 6

1 cup mashed vegetables (potato, pumpkin, broccoli, zucchini, carrot, cauliflower or vegetables of choice)
¼ cup self-raising flour
½ cup grated cheese
¼ cup low fat milk
1 egg
½ teaspoon vegemite (optional)



Method

- Combine all ingredients in a medium sized bowl, mix well.
- Heat a non-stick frying pan. Pour batter into the frying pan to form small circles.
- Cook on both sides for 3-4 minutes or until golden.

<http://www.bestrecipes.com.au/recipe/vegetable-pancakes-L60.html> accessed 22 April, 2014

ALOHA RICE

Ingredients

Recipe serves 8

1 carrot, grated
1 celery stick, finely chopped
1 small red or green capsicum
4 spring onions, finely chopped
1 can pineapple rings in natural or unsweetened juice, chopped
4 slices ham, chopped
8 cups cooked rice
1 cup sweet corn kernels
Cracked black pepper, to season
4 tablespoons reduced fat salad dressing (made from a healthier oil such as canola, sunflower or olive oil*)



Method

- In a large mixing bowl, combine all ingredients until mixed well.
- Spoon into small bowls and serve.

<http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=222378&origin=detail&servings=4&metric=false>, accessed 22 April, 2014