

FAST FOOD AT HOME

Baked Beans Plus

Pour them in a bowl and add some:

- grated carrot, frozen peas, grated zucchini
- cooked onion, baby spinach, grated pumpkin
- grated sweet potato, chopped broccoli, corn kernels and cheese
- mashed leftover vegies, avocado,
- chopped ham, shredded BBQ chicken or roast beef.

Serve on a slice of wholemeal toast, in a wrap, on a cooked potato, or just in a bowl with sliced tomato

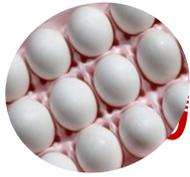


Breakfast, lunch or dinner

Baked beans are a great food - Protein and veggies in one - They're cheap, store easily and easy to cook



Make up your own family favourites!



Eggsperiment with Eggs



Beat some eggs in a bowl and add some:

- Cheese and tomato
- Ham, cheese and frozen peas
- Onion, tomato, baby spinach and cheese
- Small tin of tuna and chopped avocado
- Capsicum, grated zucchini and low salt soy sauce
- Leftover cooked potato and pumpkin
- Frozen corn and cheese
- Leftover cooked chicken and tinned corn
- Small tin of 4 bean mix, frozen peas and sweet chilli sauce
- Small tin of salmon and fetta cheese



Breakfast, lunch or dinner - Eggs are a meal in a shell - boil 'em, mash 'em, scramble 'em - easy!!!

Heat a frypan on the stove.

Spray it with cooking spray & pour the eggsperiment mixture in

Either stir it up for scrambled,

or let it cook in one piece & fold it over for an omelette

OR

Heat the oven at 180 C, pour mixture evenly into muffin tin/cups

& bake for 20 minutes



Eggsperiment to see how many delicious combinations you & your child can make with eggs

Potatoes And Toppings - Too Easy!!!

** Use medium sized potatoes - washed
or a small sweet potato

Cut a cross on the top and fill with toppings

Add some:

- Small tin of tuna or salmon and chopped avocado
- Baked Beans and cheese
- Chopped tomatoes and olives
- Tomato/onion/avocado chopped together
- Left over savoury mince
- Lean ham and pineapple
- Creamed corn and tuna
- Leftover stew or casserole



MICROWAVE SPUDS
Prick potatoes on both sides with a fork. Place evenly around outer edge of microwave plate. Microwave for 2-3 minutes, turn potatoes over and microwave for another 2-3 minutes, depending on size of potatoes - until cooked

Easy way to cook potatoes in an oven

Turn oven to 220°C. Prick unpeeled potatoes on both sides with a fork.
Place on oven racks. Bake for 40-60 minutes depending on size



Fasta Pasta



Cook a cup of dried pasta, or pre-filled pasta in boiling water on the stove



Use a jar of tomato based sauce, or Pasta bake sauce

Add:

- A small tin of tuna in spring water (drain the water first)
- A cup of chopped or grated raw vegies - try zucchini, carrot, broccoli, baby spinach, cauliflower, green beans, sweet potato
- Shredded BBQ chicken and a cup of frozen vegies
- A small tin of 4 bean mix
- A cup of cooked lean mince

and heat in the microwave for 3-4 minutes.

Pour the sauce mixture over the hot drained pasta in each bowl and sprinkle with grated cheese - Enjoy!

Pasta Bake - same method but pour it all into a deep oven proof tray or dish, sprinkle with cheese and cook at 180 C for about 15-20 minutes, or until cooked



Five Minute Noodles



FAST FACTS

1 cup or brick of instant noodles with the 'flavour sachet' contains:

- * lots of chemicals and salt in the 'flavour sachet'
- * more salt than my child's body needs in 2 whole days
- * NO fibre - which can cause constipation
- * the same calories as 2-3 slices of bread
- * saturated fat - which can raise my child's cholesterol & weight

ADD A BIT OF GOODNESS

Throw away the 'artificial flavour sachet'!!! Use your soy sauce

Share the noodles between the whole family and add healthier goodies:



- A cup of grated, diced or frozen veggies
- Crack a beaten raw egg into the hot cooked noodles. Stir it in and the egg will cook through
- Flavour the noodles with low salt soy sauce, curry paste or a stir fry sauce - instead of 'artificial flavour sachet'
- Add leftover shredded chicken, a can of tuna or chopped lean ham for protein
- Add a small can of 4 Bean Mix or Lentils for protein



Use Rice Noodles instead - Rice Vermicelli has less fat, salt and calories

See who has the longest noodle and have fun! 😊

