

7 Days of Veggie Snacks

Ideas for families, lunchboxes and Out-of-School Hours Care

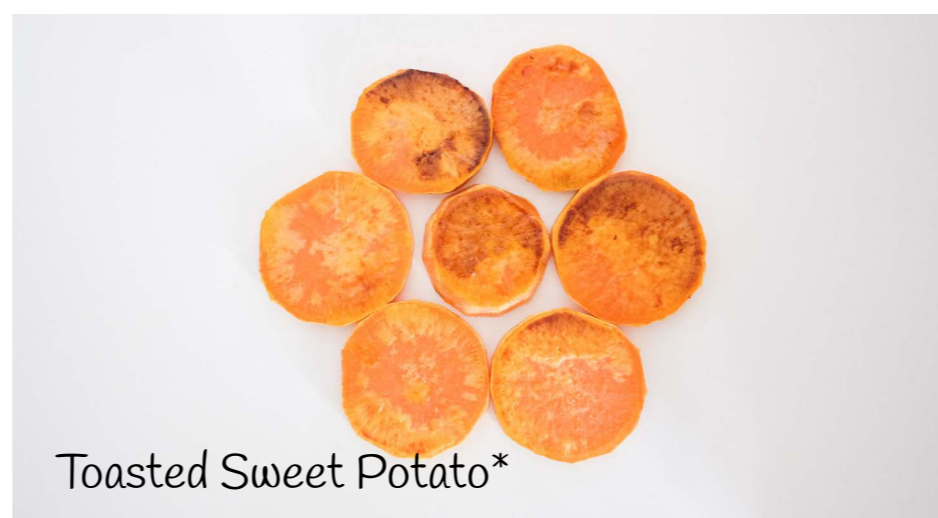
Most Australian children are not eating enough vegetables. Providing vegetables as snacks is a great way to add more veggies to their day, so aim to include at least ½ a vegetable serve at snack time.

Each snack or light meal pictured here contains 1 serve of vegetables.

One serve of vegetables is equivalent to 75g, or:

- ½ cup cooked vegetables or legumes
- 1 cup raw salad vegetables
- ½ medium potato

*Full recipes and detailed portion sizes can be found in the pages that follow.



Zucchini Slice

10 slices. Each slice is **one serve** of vegetables.

Ingredients

6 eggs
¾ cup wholemeal plain flour
2 large zucchinis, grated
2 large carrots, grated
½ cup corn kernels
½ cup peas
½ bunch chives, chopped
Canola oil spray
50g reduced-fat cheese, grated



Method

1. Preheat the oven to 180°C (160°C fan-forced).
2. Beat the eggs and flour together until smooth. Add to the flour and egg mixture and mix thoroughly.
3. Lightly spray 20cm x 30cm baking dish with canola oil. Pour the mixture into the dish, and sprinkle with cheese.
4. Bake for 40 minutes or until set and golden on top.
5. Cut into 10 equal portions and serve.

Recipe courtesy of Cancer Council NSW - Healthy Lunchbox.

Roast Pumpkin Dip

Makes 2 ½ cups of dip.

Ingredients

500 g pumpkin, cut into 1cm cubes

Olive oil spray

400g can chickpeas, drained and well-rinsed

1 garlic clove, finely chopped

1 teaspoon cumin, ground

2 teaspoons lemon juice

20ml extra virgin olive oil

¾ cup (20g) fresh parsley, chopped roughly



Method

1. Preheat oven to 240°C.
2. Spray pumpkin with olive oil spray then roast for 12 minutes.
2. Combine pumpkin, chickpeas, garlic, cumin, lemon juice, extra virgin olive oil and parsley in a blender and mix until smooth. Add a little cold water if needed to reach a smooth consistency. Place dip in a bowl or container.
3. Serve dip with vegetables of your choice (e.g. carrot, red capsicum, snow peas, cucumber), cut into sticks.*

*For children under 3 years, parboil or steam carrots to prevent choking hazard.

Recipe courtesy of Nutrition Australia, Vic Division.

Tropicana Pizza

Makes 16 slices. Two slices is **one serve** of vegetables.

Ingredients

- 2 large wholemeal pita bread (30cm diameter)
- 2 tbsp reduced salt tomato paste
- 1 carrot, grated
- 1 zucchini, sliced
- 1 capsicum, seeds removed, sliced
- 100g bean shoots
- 415g can pineapple pieces in juice, drained
- 2 spring onions, chopped
- 200g reduced fat cheese, grated
- Pinch pepper



Method

1. Preheat oven to 220°C.
2. Lay the pita breads on a clean work surface and spread evenly with tomato paste.
3. Sprinkle with remaining ingredients in the order listed.
4. Bake until vegetables are cooked and the cheese is golden brown (roughly 15 minutes).
5. Cut each pizza into eight even slices. Serve.

Recipe courtesy of Nutrition Australia, Vic Division.

Vegetable Pancake

Makes 10 pancakes. Each pancake is **one serve** of vegetables.

Ingredients

½ small wombok cabbage,
very thinly sliced

3 medium carrots, grated

2 cups baby spinach, very thinly
sliced

3 spring onions, thinly sliced

½ cup wholemeal plain flour

6 large eggs, lightly beaten

Pinch of salt

Olive oil spray



Method

1. Place the vegetables in a bowl and mix together. Toss with the flour, ensuring it coats all the vegetables. Stir in the eggs and pinch of salt.
2. Lightly spray a large non-stick fry pan with olive oil spray and heat over medium-high heat. You may need to re-spray between batches.
3. Add 1 cup measures of the mixture to the fry pan in rounds. Gently press to flatten.
4. Cook until golden, approximately 3-5 minutes on each side.

Recipe courtesy of Nutrition Australia, Vic Division.

Toasted Sweet Potato

One medium sweet potato makes roughly **three serves** of vegetables.

Ingredients

Sweet potato
Toppings of your choice



Method

1. Slice sweet potato into ½ cm slices.
2. Place slices in a sandwich press, grill or toaster until they start to brown (approximately 5 minutes).
3. Top with hummus, ricotta cheese or smashed avocado.

Recipe courtesy of CSIRO.