

Winter Vegetables

Winter is soon upon us, and while the cold isn't something to look forward to, the winter vegetable selection is fabulous. Winter provides a great opportunity to sit together as a family on a chilly winter night and enjoy the harvest of winter vegetables. Soup, wedges, fritters, and quiche are some ways of incorporating winter vegetables into children's diets and are a great way of getting children actively involved with growing, cooking and eating yummy nutritious food.

Here are some simple recipe ideas for you to try:

Friendship Soup

Each child is encouraged to bring along a winter vegetable for a combined soup. Vegetables such as pumpkin, carrot, onion, potato, silver beet, kumara, parsnip all make great vegetable soup. Chop all vegetable finely (or in a whiz is quicker) and add to boiling water, add Kings soup mix (from supermarket). Cook for about an hour (depending on quantity), until lentils (in soup mix) are soft.

Wedges

Chop potato, kumara (can leave skin on) or parsnip into 1cm strips. Put onto lightly oiled tray and bake at 180°C until golden brown (approx 40 minutes).

Vege Fritters

Use any grated vegetables and mix into a batter (make batter with egg, flour, milk, pinch of salt), make enough batter so mixture binds and is slightly wet. Spray pan with small amount of oil and pan fry one spoonful of batter, cook both sides until golden brown. Children love dipping fritters, so try chutneys, relish, or plain yoghurt with chopped cucumber and mint, as dips.

Easy Quiche

Place corn kernels, zucchini, broccoli, cooked potato onto bottom of lightly greased quiche dish. Mix together 3 eggs, ½ C grated cheese, 1 tsp baking powder, ½ C flour and 1 C milk and pour over vegetables. Cook at 200 degrees for 30 - 40 mins or until liquid stops running.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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Te Poari Hauora o Waitaha