

COOKING AT HOME IN THE HOLIDAYS

When you are at home over the holidays with friends and it comes time to prepare for lunch, the corner diary can sometimes be the easiest option. Here are a couple of recipes that will be fun to make and are a much cheaper option than everyone buying takeaways – much healthier too!

BEAUT BURRITOS

Ingredients

1 packet of burritos
1 packet of burrito seasoning sauce mix
Chicken or beef schnitzel (about 100g per person)
Plain unsweetened yoghurt
A little grated cucumber (not essential)
1 tsp minced garlic
A selection of salad vegetables such as lettuce, carrot, tomato, celery, sprouts, spring onion

1. Cook meat with burrito seasoning
2. Make yoghurt sauce by adding yoghurt, cucumber and garlic
3. Chop salad vegetables finely.
4. Heat burritos by putting in the microwave for a few seconds.
5. Lay out burrito, spread a little meat down the middle and top with yoghurt sauce. Top with plenty of vegetables – you could also add salsa here if you wish.
6. Roll up tightly and wrap with a serviette – eat over a plate as they can be a little messy!

WONDERFUL WEDGES

1. Take a selection of vegetables, such as potato, kumara, parsnip, carrots, yams and pumpkin and cut into large chips.
2. Place chips in a large roasting pan with a little oil and shake around to distribute.
3. Bake at 180 degrees for about 45minutes or until golden brown.
4. Remove from oven and spread on an oven-proof dish. Cover with salsa and a thin sprinkling of cheese.
5. Grill in oven until the cheese is melted. Serve to you friends with plenty of serviettes!

Healthy Nibbles

Nutrition and Physical Activity Information for Teenagers
Date: July 2008
Code/Reference: NUT0023/G
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha