

## **Main Meal**

### **Loads of great ideas.**

#### **Tuna and apple sandwiches**

Ingredients · 1 can (6 1/2 ounce) tuna in water, drained · 1 small apple, halved (remove seeds) and chopped (1 cup) · 1/4 cup lowfat vanilla yogurt · 1 teaspoon prepared mustard · 1 teaspoon honey · 6 slices whole wheat bread · 3 iceberg lettuce leaves

Method 1 Combine tuna, apple, yogurt, mustard, and honey. 2 Spread 1/2 cup mixture on 3 bread slices. 3 Top each with lettuce leaf and remaining bread. 4 Place on cutting board. Cut sandwiches in half.

#### **Trees In a Broccoli Forest Makes 4 servings**

Ingredients; Dipping Sauce · 1/4 cup plain nonfat yogurt · 1/4 cup light sour cream · 2 teaspoons honey · 2 teaspoons spicy brown mustard Broccoli Trees · 2 carrots, peeled · 3 cups broccoli florets · 4 cherry tomatoes · 3 tablespoons parsley leaves

Method 1: To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl. 2: Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces. 3: Arrange each plate by putting two carrot pieces side-by-side in the centre. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate. Spoon dip around the base of carrots and sprinkle with parsley.

#### **Baked Chicken Nuggets Makes 30 nuggets**

Ingredients 3 skinless, boneless chicken breasts 1 cup Italian seasoned bread crumbs 1/2 cup grated Parmesan cheese 1 teaspoon salt 1 teaspoon dried thyme 1 tablespoon dried basil 1/2 cup butter, melted

Method 1 Preheat oven to 400 degrees F (200 degrees C). 2 Cut chicken breasts into 1 1/2 inch size pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well. Put melted butter/margarine in a bowl or dish for dipping. 3 Dip chicken pieces into the melted butter/margarine first, then coat with the breadcrumb mixture. Place well coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

**Pasta Pinwheels** This recipe just might get kids to eat their spinach! Make it for a meal or freeze individual pinwheels to heat in the microwave for a quick lunch or an after-school snack. Makes eight pinwheels. Prep Time: 45 minutes

Ingredients: 1 10-ounce package frozen chopped spinach (thawed) 1 cup reduced fat ricotta cheese 6 ounces Muenster cheese (1 1/2 cups shredded) 1 tsp. Italian seasoning 8 lasagna noodles 2 cups bottled marinara sauce

Method Place spinach in a strainer lined with a paper towel. Gently press on spinach to drain extra water. Place in a large bowl. Measure ricotta cheese and Italian seasoning mixture. Add them to the spinach and mix. Grate cheese and add to spinach mixture. Mix again. Cook lasagna noodles according to package directions. Drain and cool. Spread about 1/4 cup cheese mixture on each noodle and roll up. Place in baking pan. Pour marinara sauce over noodles. Bake at 350° F loosely covered for about 30 minutes, or until heated through.

#### **Creamy Two-Cheese Potatoes**

Au Gratin Garlic and Parmesan cheese, two grown-up tastes, add new flavour to this time-honored classic potato dish. The garlic flavor is subdued with cooking, however you may want to reduce the amount for younger kids, or omit it all together. Makes six servings. Prep Time: 40 minutes

Ingredients: 2 pounds peeled baking potatoes cut into 1/4-inch slices 1 1/4 cups hot Cheddar Cheese Sauce 6 cloves garlic, chopped 1/2 teaspoon salt 1/8 teaspoon ground red pepper Olive oil 1/4 cup Parmesan cheese Dash paprika

Method: Preheat oven with help of parent to 350° F. Scrub and peel potatoes. Slice potatoes into 1/4-inch slices. Peel and chop garlic cloves Place potato slices and garlic cloves in medium-size pan, and cover with water. Bring to a boil and cook 8 minutes or until tender. Drain. Prepare Cheddar Cheese Sauce Add salt and pepper. After potatoes and garlic have cooled slightly arrange half of them in a 2-quart baking dish lightly coated in olive oil. Pour half the cheese sauce mixture over half the potatoes and garlic. Repeat with the remaining potatoes, garlic and sauce. Sprinkle with Parmesan cheese and paprika: Bake in 350° F oven for 25 minutes or until bubbly.

**Smooth carrot and potato puree** Carrots are sweet and simple tasting to start your baby's taste buds with and the potato adds those much needed carbohydrates.

Ingredients: 2 medium carrots 1 medium potato Top and tail and peel the carrot, and roughly chop, place in a small pan. Peel the potato, roughly chop and add to the carrot. Cover with water and simmer for 15 minutes or until soft. Drain off half the cooking water (reserving the drained water) and blend with a hand held blender, adding more cooking liquid if needed, until you have a soft smooth consistency. If using a potato masher, drain all the cooking water and reserve, mash well until lump-free and then add cooking liquid until a smooth soft consistency. Serve your baby the desired amount, store a little in the fridge for another meal and freeze the remainder in ice cube trays.

### **Chicken and potato pie**

Ingredients 1 breast of chicken, chopped into pieces 1 small carrot, diced 30g butter 30g plain flour 125ml milk 25g peas 1 large cooked potato, sliced olive oil

Method Place the chopped chicken and diced carrot in a saucepan, cover with water and simmer for 30 minutes. In another small pan melt the butter. Add the flour and mix to a smooth paste, then slowly add the milk, constantly stirring until you have a smooth sauce (if the sauce is too thick add some of the cooking liquid from the chicken). Remove from the heat. Add the peas to the chicken and then drain, reserving the excess liquid for future cooking. Add the cooked chicken to the sauce, and mix well, then spoon into a small ovenproof dish. Slice the cooked potato and arrange on top of the chicken mixture. Brush the potato slices with a little olive oil and bake in a medium oven for 10 minutes

### **Bacon and egg flat cake**

Ingredients 1 large potato, cooked 2 rashers bacon 1 egg dash of milk little chopped parsley 25g grated cheddar

Method Finely dice the potato and ham. Whisk the egg in a small bowl, add all the other ingredients to the egg mix and blend well. Heat a small non stick pan and, when hot, pour in the egg mixture, allow to spread and cover the pan with a lid. Cook for 3

minutes on a low heat. Remove the lid and check that the egg is set, allow to cool before cutting up and serving.

**Pasta Salad** This pasta is great for lunch or dinner. It makes an ideal summer meal as the only cooking required is the pasta. Add your favorite salad ingredients and some dressing and you're done!

Ingredients 1 bag (12 oz) vermicelli pasta Bottle of salad dressing 1 cup cubed ham 1 1/2 cups cubed cheese (or grated) 3 cups assorted raw vegetables such as: broccoli, cucumber, onion or green, yellow or red pepper

Method Cook pasta according to package directions. Cut ham and cheese into small cubes. Wash vegetables and chop them into small pieces. Mix all ingredients with your favourite salad dressing. Italian works great! Variation: you can substitute other favourite pasta such as macaroni, tortellini, shells, etc. tot tip: Keep the ingredients separate and let your child pick what he wants and choose whether or not he wants dressing on his.

### **Cheesy courgette risotto**

Ingredients 10g butter 50g risotto rice water or salt free chicken or vegetable stock 1/2 courgette, finely diced 20g grated parmesan or cheddar

Method Melt the butter in a pan, add the rice and stir well to coat the grains. Add enough hot water or stock to cover the rice, stir well and simmer, adding more water/stock as it evaporates. Cook for 15 minutes. Add the finely diced courgette and stir well. Cook for a further 5 minutes. The rice should be very soft and what I would call 'overcooked', but this is what babies like. Add the grated cheese, stir well. Allow to cool and serve. Note: This dish can be frozen but do not store cooked rice in the fridge for more than one day and, when reheating, always reheat thoroughly. Butter bean and tuna puree This is the ultimate no-cook homemade baby food! Make sure you rinse the beans well, as the liquid in the tin is very salty. Ingredients 2 tbs. tinned butter beans 1 tbs. tinned tuna a little milk or water Place the rinsed butter beans and tuna in a small bowl. Mash with a fork or blend, adding milk or water until the desired consistency is achieved.

**Roast sausage with green cheesy rice** I find roasting sausages the easiest way to cook them: simply place in a nonstick roasting tin, in a preheated oven at 180°C, 350F, gas mark 4. Cook for 25 to 30 minutes until the sausages are brown all over. I always cook the whole packet as a few cold sausages in the fridge are a great snack.

Ingredients 1 roast sausage 2 tbs. brown rice 1 small head broccoli, finely chopped 1 tsp. peas 1 green bean diced sprig parsley chopped 25g cheddar cheese, grated

Method Place the rice in a pan and cover with water, simmer for 30 minutes, add all the green vegetables and cook for a further 7 minutes, drain well, add the parsley and grated cheese stir well and serve topped with the sliced roast sausage.

**Noodle and pork stirfry** This is a great dish as you can add all sorts of different vegetables. Babies like it as it has so many different ingredients and they love eating it with their fingers, picking bits out!

Ingredients 1 tbs. sunflower oil 100g minced lean pork 1/2 small onion, sliced 1 clove garlic, crushed and chopped 1 tsp. grated ginger 1/2 small red pepper 1 tbs. peas 2 mushrooms, sliced handful of beansprouts 50g cooked noodles 1/2 tbs. soy sauce

Method Heat the oil in a pan, add the pork stir well to break up and cook for 8 minutes. Add the onion, garlic and ginger and cook for a further 5 minutes until the onion is soft. Slice the pepper into strips and add to the pan along with the peas and mushrooms, cook for 6 minutes, stirring frequently. Add the beansprouts, noodles and soy sauce, mix well and cook for 4-5 minutes, stirring constantly so that it does not stick on the bottom. Allow to cool slightly before serving.

**Cheesy Vegetable Pasta** Kids will eat more vegetables when you add them to foods they already like. This pasta dish combines two of children's favorites, mozzarella cheese and pasta. For a larger variety of vegetables, reduce the broccoli to 2 cups, and add 1 cup of cut red peppers and 1 cup frozen peas. Makes 5 to 6 servings. Prep Time: 60 minutes

Ingredients 12 ounces uncooked corkscrew pasta or other favorite pasta shape 3 cups broccoli florets, cooked tender (about 1 bunch) 1/2 cup carrots cooked crisp-tender (about 1 medium) 1 1/2 cups shredded mozzarella cheese, measure out 1/2 cup and set aside 4 tablespoons butter 3-4 cloves garlic, pressed 4 tablespoons flour 2 chicken-flavoured stock cubes 2 cups milk Pepper to taste

Method Cook pasta according to package directions. Drain thoroughly. Wash broccoli and carrots. Using a heavy-duty serrated knife, cut off florets. Peel carrot and cut into slices or chunks. Grate cheese. Steam broccoli for 2 minutes. Add carrots to the pot and Steam for another 3 minutes. Lightly toss pasta, vegetables and 1/2 cup cheese together. Pour into a 13x9x2-inch baking dish. Melt butter in a heavy saucepan, add garlic and cook over low heat, stirring until garlic is soft. Stir in flour. Cook stirring constantly until mixture is bubbly. Add stock cubes and milk. Cook and stir until mixture boils and thickens slightly. Make sure the stock is dissolved. Pour sauce over pasta and vegetables evenly. Sprinkle remaining cheese over the casserole. Bake at 350 degrees in the oven for 25 to 30 minutes or until cheese melts.

**Chicken pasta** This is a great dish for all the family and variations can be made with the vegetables. Try adding any of the following: spinach, peas, broccoli (or 'baby trees' in our house) chopped beans or sweet corn.

Ingredients 1 clove garlic 1 small onion diced 2 tbs. olive oil 50g sliced mushrooms 3 chicken breasts, roughly chopped 1 tbs. plain flour 200ml milk 1 tbs. chopped parsley 50g cheese, grated 250g penne pasta (Serves 3/4)

Method Sauté the garlic and onion in the olive oil for 5 minutes over a low heat, do not allow to brown. Add the mushrooms and chicken, increase the heat a little and cook for a further 5 minutes, stirring frequently. Remove from the heat and sprinkle in the flour, (the best way is through a sieve as this stops the flour forming lumps) mix well and return to the heat, add the milk and simmer for 20 minutes. Cook the penne pasta according to the packet instructions. Drain the pasta well, and add to the cooked chicken sauce along with the parsley, mix well and lightly season. Serve topped with grated cheese.

**Salmon fish cakes** Homemade fish cakes are always loved by all, as they are full of chunks of fish and lots of delicious mashed potato and then cased in crispy bread crumbs. Try making fish cakes with cod, halibut, tuna, or prawns. If you want to be organised, make double the quantity and then bag up the extra and freeze, they defrost and cook really well and it is a good instant but homemade meal. (Makes 4)

Ingredients 250g salmon fillet 225g mashed potato bunch parsley, chopped sea salt freshly ground black pepper 2 large eggs 30g plain flour 125g bread crumbs sunflower oil for frying

Method Preheat the oven to 350F, 180C, gas mark 4. Place the salmon in an ovenproof dish with a lid and bake for 10 minutes, remove from the oven and allow to cool for 10 minutes. Flake the salmon away from the skin and remove any bones. Place the mashed potato in a bowl add the parsley, little seasoning and flaked salmon. Mix well. Whisk one of the eggs, add to the potato and mix to bind the mixture together Divide the mixture into 4 equal amounts, flour your hands and roll into balls and then flatten to make cakes. Divide one of the balls into 2 or 3 to make mini cakes for your baby. Whisk the remaining egg and place in a small bowl, with flour in another and bread crumbs on a plate. Dip each cake into the flour, coating all over, then dip into the egg wash and finally into the bread crumbs, repeat until all the cakes are coated. In a frying pan heat the sunflower oil, when hot add the fish cakes and cook over a medium heat until golden on each side, approximately 5 minutes. Serve with little pieces of broccoli (or we call them edible trees!)

### **The best tomato pasta in the world**

Ingredients: 4 cans of tomato sauce spices 2 cans of tomato paste garlic onion salt pepper beef olive oil noodles

Method: sauté the onion and garlic in the olive oil with the beef. be sure to break in small pieces add the sauce and paste after they start bubbling and spices such as basil and oregano add salt and pepper boil noodles add noodles enjoy you can add any seafood to make seafood pasta

### **Tuna Noodles**

Ingredients: 1 can of tuna egg noodles mayonnaise salt (optional) cheese

Method: cook the egg noodles until soft, then drain the water from the bowl open a can of tuna and mix it in with the noodles. then get the mayonnaise and put some in to the tuna and noodles and mix it around . then add a pinch of salt, and if you want to add some grated cheese.

### **Beans with a difference Easy, nutritious and tasty**

Ingredients Tin of Baked Beans Tin of tinned Tuna grated cheese Method Heat beans then mix in tuna and cheese. Continue to heat until cheese is melted and tuna warmed through. Cheese and Spinach with Pasta Preparation time - only 5 minutes What you'll need; 1 tablespoon of olive oil 2 cloves of crushed garlic 1 pack of frozen chopped spinach thawed out or equivalent fresh 1 cup of cottage cheese 1/2 cup of grated parmesan cheese 9 ounces of angel hair pasta cooked What to do; Wash hands and get all the ingredients out. Drizzle olive oil in frying pan Chop garlic and sauté it over a medium heat Drain spinach if necessary Add spinach to frying pan and heat through Get cottage and parmesan cheese Add to frying pan until melted Place cooked pasta in a serving bowl And spinach and cheese, stir well and serve

### **Carrot Raisin Salad Makes five 1/2-cup servings**

Ingredients 2 cups shredded raw carrots 1/2 cup raisins 1/2 cup lowfat vanilla yogurt

Method Wash carrots. Using a small hand grater, grate the carrots. Measure raisins. Combine with carrots in a large bowl. Measure yogurt. Add to carrot-raisin mixture. Gently toss.

### **Macaroni Cheese and Tomato**

Ingredients: 2 cups macaroni 2 tomatoes 2 tbsps butter half pint milk 1 large tbsp flour half tsp salt pinch of pepper quarter tsp dried mustard 2 cups grated cheese  
Method: Cook macaroni Slice tomatoes Whisk flour and milk together in a bowl Melt butter in a saucepan. Add milk and flour mix. Bring to boil, then simmer for 2-3 minutes Season with salt, pepper, mustard and half cheese. Add macaroni and mix well Pour mixture into pie dish Top with layer of tomatoes and rest of cheese Put in warm oven until cheese is toasted

### **Hedgehogs**

Ingredients: 1 pound ground beef half cup uncooked rice quarter cup chopped onion pepper salt 1 can tomato soup half can water 1 tsp wostershire sauce  
Steps: Mix beef, onion, salt and pepper together. Make 8 hedgehog shapes from mixture Arrange in a greased casserole Mix soup water and sauce together. Poor over hedgehogs Cover casserole with lid Put in oven at 350F for 1 hour and 15 minutes Occasionally spoon sauce over hedgehogs Tom's

### **Ham and Cheese melts**

Ingredients: plain bread lean ham cheese  
Method: get 2 pieces of bread and 2 slices of cheese and 2 slices of lean ham add the cheese and ham on the bread put in microwave for 40 sec

### **Tasty Potato Bake**

Ingredients: 1 1/2 kg Potato's sliced thinly 1 bunch of parsley washed well 1 clove of garlic to taste 1 carton of cream 3 or more onions finely chopped You can add chicken or bacon or whatever you like Salt and Pepper to taste  
Method: Combine everything into a microwave safe bowl and cook on medium high for 35 minutes. If potatoes are not cooked well then cook for another 10 minutes. Stir well.

### **Tuna Fish Bake**

Ingredients: 2 cans of tuna fish 1 can of sweetcorn 1 can of mushroom soup 1 bag of chips some grated cheese  
Method: Drain & flake the tuna fish Put in the bottom of a casserole dish Drain the sweetcorn & layer on top of the tuna fish Pour the mushroom soup over the tuna & corn Crush the chips & sprinkle over the casserole Sprinkle over the cheese Bake in a hot oven until warm

**Sailboat Sandwiches** Make as many as you like Preparation time 10 minutes

Ingredients; 1 brown bread roll per person Toothpicks Chicken tuna or other sandwich filling Rectangle of cheddar cheese about 1/8 inch thick  
Method; Slice off the dinner roll and hollow it out Fill the roll with sandwich filling Cut the cheese rectangle to make two triangles, insert a toothpick and the cheese to make a sail.

**Decorated Toast** Children display their artistic talents on softly toasted bread  
Preparation time 10 minutes

Ingredients; 2 tablespoons of milk for each colour Food colouring Slices of white bread for each child Small cups Brand new paint brushes.

Method; Wash hands and get the ingredients out. Decide the colours to use. Pour two tablespoons of milk for each colour. Add two drops of food colouring into each cup for each colour. Give each child a piece of bread. Paint the bread - EMPHASIZE IT'S NOT REAL PAINT. Lightly toast bread.

### **Hide and Seek Pancakes**

Ingredients: 2 cups plain flour 1/2 teaspoon of salt 6 large eggs 3 cups whole milk 1 tablespoon vegetable oil plus more for cooking 1 cup jam or fruit spread  
Method: In a large bowl, stir together flour and salt. Set aside. In a medium bowl, beat eggs, milk and vegetable oil. Add egg mixture to flour mixture and stir until just blended. Do not over mix. In a medium skillet over a moderately high heat, place enough oil to lightly coat bottom of pan. When oil is hot, pour 1/4 cup of batter into skillet, tilting pan back and forth so batter spreads evenly over bottom of pan. When pancake is golden brown, turn it over to brown other side. Remove pancake to a cookie sheet and place in a warm oven (200 F) while making remaining pancakes. Spread each pancake with 2 tablespoons of jam or fruit spread. Roll up and serve.

**Pasta Salad** This pasta is great for lunch or dinner. It makes an ideal summer meal as the only cooking required is the pasta. Add your favorite salad ingredients and some dressing and you're done!

Ingredients 1 bag (12 oz) vermicelli pasta Bottle of salad dressing 1 cup cubed ham 1 1/2 cups cubed cheese (or grated) 3 cups assorted raw vegetables such as: broccoli, cucumber, onion or green, yellow or red pepper  
Method Cook pasta according to package directions. Cut ham and cheese into small cubes. Wash vegetables and chop them into small pieces. Mix all ingredients with your favourite salad dressing. Italian works great! Variation: you can substitute other favourite pasta such as macaroni, tortellini, shells, etc. Top tip: Keep the ingredients separate and let your child pick what he wants and choose whether or not he wants dressing on his.

### **Cauliflower and sweet potato puree**

Ingredients 3 cauliflower florets 1 medium sweet potato 1 carrot Method Chop the cauliflower florets and place in a medium saucepan, along with the peeled and chopped sweet potato and carrot, cover with water and simmer for 30 minutes or until soft. Drain off the liquid, reserving a little, mash and puree the vegetables until smooth, adding a little of the reserved water to obtain a soft consistency. Freeze excess puree in ice cube trays or small pots so you can defrost for later use.

**Spider Sandwiches** Makes four spider sandwiches Preparation Time 10 minutes

Ingredients 8 round crackers 1 packet twiglets sticks 8 raisins 5 tablespoons of cheese spread or cream cheese  
Method; Wash hands and get ingredients out. Take two round crackers and make a cheese sandwich using 1 tablespoon of cream cheese. Insert three twiglets legs into

the filling on each side. Put a dab of cheese on top and two raisins for eyes. Repeat until all spiders are made. Enjoy!!

### **Healthy Pizza**

Ingredients: 1 cup whole-wheat flour 2 tsp. soy sauce 1 tsp. oregano 1/2 tsp. basil 2/3 cup of soya milk (or rice milk) 2 eggs cornflour your favourite veggie toppings or Broccoli, grated cheese, sliced tomato sliced mushrooms.

Method Preheat oven at 425°. Beat the 2 eggs, and then add the milk, flour, oregano, basil and soy sauce. Take the cornflour and dust the pizza pan. Pour your pizza batter into the pan, spreading it evenly to all sides. Put your favourite toppings on. Sprinkle a bit more oregano over the topping. Bake in the oven for about 30-35 minutes. 4 servings

### **Lasagne Serving Size : 8**

Ingredients: 1 pound Italian sausage -- \* see note 1 medium onion -- chopped 1 clove garlic -- pressed 16 ounces tomatoes, canned -- whole 15 ounces tomato sauce 2 tablespoons dried parsley -- flakes 1 teaspoon sugar 1 teaspoon dried basil 1/2 teaspoon salt 9 lasagne noodles -- uncooked 16 ounces ricotta cheese -- \*\* see note 1/4 cup parmesan cheese -- grated 1 tablespoon dried parsley -- flakes 1 1/2 teaspoons salt 1 1/2 teaspoons dried oregano 8 ounces mozzarella cheese -- shredded 1/4 cup parmesan cheese -- grated \*May substitute ground beef. \*\*May substitute creamed cottage cheese. Method Cook and stir Italian sausage, onion and garlic in 10-inch skillet until sausage is light brown; drain. Add tomatoes (with liquid), tomato sauce, 2 tbs. parsley, the sugar, basil and 1/2 tsp. salt. Heat to boiling, stirring occasionally; reduce heat. Simmer uncovered until mixture is consistency of thick spaghetti sauce, about 1 hour. Cook noodles as directed. Reserve 1/2 cup of the sauce mixture. Mix ricotta cheese, 1/4 cup Parmesan cheese, 1 tbs. parsley, 1 1/2 tsp. salt and the oregano. Layer 1/3 each of the noodles, remaining sauce mixture, mozzarella cheese and ricotta cheese mixture in ungreased oblong pan, 13x9x2 inches. Repeat 2 times. Spoon reserved sauce mixture onto top; sprinkle with 1/4 cup Parmesan cheese. Cook uncovered in 350 degree oven 45 minutes. Let stand 15 minutes before cutting. 8 to 10 servings.

### **Macaroni Cheese Serving Size : 5**

Ingredients: 1 1/2 cups macaroni -- \* see note 1/4 cup butter or margarine 1 small onion -- chopped 1/2 teaspoon salt 1/4 teaspoon pepper 1/4 cup plain flour 1 3/4 cups milk 8 ounces cheddar cheese -- cut into 1/2" cubes NOTES : \*Use elbow macaroni, rigatoni, or spinach egg noodles. Method Cook macaroni as directed. Cook and stir margarine, onion, salt and pepper over medium heat until onion is slightly tender. Blend in flour. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted. Place macaroni in ungreased casserole. Stir cheese sauce into macaroni. Cook uncovered in 375 F oven 30 minutes. Serves 5.

**Spaghetti Bolognese** Most babies love pasta and this sauce is a classic favourite and can also be eaten by all the family, with the addition of seasoning after putting aside baby's portion.

Ingredients: 1 tbs. olive oil 1 small onion 1 small clove garlic (optional) 100g minced Scotch beef 400g tin chopped tomatoes pinch mixed herbs 100g spaghetti Method Dice the onions finely and mince the garlic. Heat the oil in a medium saucepan, add the onions and garlic and cook over a medium heat for 5 minutes, or until soft - do not brown. Add the mince, mix well and cook for a further 5 minutes. Add the chopped tomatoes and herbs, bring to the boil, then reduce the heat and simmer for 25 minutes. Heat a pan of water, when boiling add the spaghetti and cook for 10 minutes. Drain the spaghetti and add to the bolognese sauce, mix well and serve topped with grated parmesan or cheddar cheese. Serve your baby the desired amount, store a little in the fridge for another meal and freeze the remainder in small Tupperware pots.

### **Tie-dye Spaghetti**

Ingredients: spaghetti noodles food colourings 4 pots to boil noodles spaghetti sauce strainer

Method: Bring water to boil in pots. Add one color of food colouring in each pot. (Hint: The more drops of food colouring the brighter the color and you can mix colours to make orange and purple.) Add the noodles in the boiling pot. When noodles are soft, drain them in a strainer. When noodles are strained--with clean hands--mix the different colours of noodles together. Heat up spaghetti sauce. Put sauce on spaghetti. ENJOY!

### **Puddings & Cakes**

**Loveley recipes for us all to enjoy.**

#### **Gingerbread men biscuits**

Ingredients: 2 ounces butter 2 ounces sugar 1 ½ tablespoons of golden syrup 6 ounces self-raising flour ½ teaspoon bicarbonate of soda 1 rounded teaspoon ground ginger For decoration some raisins, icing, silver balls, smarties - or whatever takes your fancy!

Method Pre-heat oven to gas mark 5, 375° F (190° C) Melt the butter, sugar and golden syrup in a saucepan stirring occasionally. When melted remove from heat. Meanwhile sift the flour, bicarbonate of soda and ground ginger into a large bowl. Stir the melted ingredients into the dry ingredients until you have a fairly stiff dough. Turn out onto a lightly floured surface and roll out to a thickness of about ¼ inch. Cut out the gingerbread men using a cutter which has its edge dipped in flour. You may find you have to roll out the dough a couple of times to get four or five biscuits. The biscuits will be fairly soft so it's a good idea to use a palette knife to lift them on to a lightly greased baking tray. Use raisins to make the eyes and buttons of your gingerbread men and then bake in the oven for eight to ten minutes until a lovely golden brown. Let them cool until hard on the baking tray and then remove onto a cooling rack. Once the biscuits are really cold you can decorate them however you like. The sort of coloured icing that comes in tubes is really easy to use and you can try smarties, dolly mixtures, silver balls, sprinkles etc. to make them really colourful.

**Audrey's Coffee Cakes** These are not cakes made with coffee as their name might imply, but some incredibly easy little cakes you can make in about five minutes if you've got friends coming round for coffee! As they are so easy to make, they are ideal for making with the children.

Ingredients: 8ozs Self-Raising Flour 2ozs Demerara Sugar 2ozs Sultanas or mixed dried fruit 4ozs Margarine or butter 1 Egg

Method Pre-heat oven to gas mark 6, 200° C, 400° F 1) Mix all the dry ingredients together in a mixing bowl 2) Melt the margarine or butter in a saucepan over a gentle heat and let it cool until it's only warm 3) Make a well in the centre of the flour, sugar and fruit and pour in the melted margarine or butter and the lightly beaten egg 4) Mix everything together with a wooden spoon to form a thick paste 5) Use your hands to make balls of the mixture about the size of a ping-pong ball. You should be able to make about 16 cakes 6) Place each ball in a paper cake case and stand those in patty tins 7) Bake in the oven for about 15 minutes 8) Remove from the oven and cool on a wire rack

### **Jennies Banana Cream Pie Serving Size : 8**

Ingredients: 1 pie crust, 9 inch 1 envelope gelatine -- unflavoured 1 cup skim milk 3/4 cup ricotta cheese, part milk 2 teaspoons vanilla extract 3 banana -- sliced 4 tbs caster sugar Topping: 2 egg whites 5 tbs caster sugar nutmeg -- as desired Method Sprinkle gelatine over 1/2 cup milk in small saucepan. Let soften 5 minutes. Heat, stirring constantly until gelatine dissolves. In food processor or blender, blend ricotta cheese until smooth; add gelatine mixture, remaining 1/2 cup milk and vanilla extract. Blend until smooth. Reserve one cup mixture. Add 4 packages of sugar and 2 sliced bananas to remaining mixture in food processor or blender. Blend until smooth. Place remaining banana slices on bottom of pie crust. Pour banana cream mixture over banana slices. Chill 1 hour. Topping: Beat egg whites until foamy. Gradually add sugar and continue beating until stiff peaks form. Fold into reserved ricotta cheese mixture. Spoon over chilled banana cream filling. Chill 4 - 6 hours until set. Sprinkle with nutmeg before serving.

### **Apple Raisin Cake**

Ingredients: 1 3/4 cups apples -- coarsely chopped 3 teaspoons brown sugar 1/4 cup oil -- polyunsaturated 2 egg whites-- beaten with fork 1/2 teaspoon baking soda 1 teaspoon baking powder 1 1/2 cups flour 1 teaspoon cinnamon 1/2 teaspoon nutmeg 1/2 cup raisins -- soaked in warm water Method Preheat oven to 350 F. Mix apples and brown sugar substitute in bowl. Add oil and beaten egg whites. In separate bowl, combine dry ingredients. Add to batter and mix well to form a stiff dough. Add plumped raisins. Stir to blend. Spread in 8-inch square cake pan. Bake 40 minutes or until top springs back when touched.

### **Bryn's Butterfly Cakes**

Ingredients: 3oz butter 4oz caster sugar 2 large eggs 4oz flour 1 teaspoon baking powder 6 fluid oz double cream 12-15 pieces of angelica Method: Cream butter and sugar until fluffy, beat in eggs, sift flour and baking powder and then fold into the butter. Put in a mixer and then spoon into 12-15 greased paper cases on a baking sheet. Oven preheated at 180/350 or Gas mark 4. Bake for 15-20 minutes. When cakes are cold, scoop a small circle from the top of the cake and slice in two. Spoon in the whipped cream or maybe use butter icing. Then add the two bits of cake to form wings then decorate with angelica.

**Chocolate nests** Even very young children can have a go at making these. They require no cooking and look really effective.

Ingredients 50g Coco pops 100g Chocolate or chocolate chips Little chocolate eggs - the coloured candy coated ones look best You'll also need some little paper cake cases

Method Melt the chocolate in a bowl over a pan of gently simmering water.. Mix the cocoa pops and the melted chocolate together in a bowl. Use sufficient coco pops to make a nice firm mixture. Take a spoonful of the mixture and press it gently into one of the paper cake cases. Make a hollow in the centre so that it resembles a nest. Fill the hollow with two or three of the little chocolate eggs.

### **Chocolate Chip Banana Bread**

Ingredients: 1/2 cup (125 ml) butter or margarine 1 cup (250 ml) granulated sugar 2 eggs 1 cup (250 ml) mashed very ripe bananas 1 3/4 cups (425 ml) plain flour 1 tsp (5 ml) baking soda 1/2 tsp (2 ml) baking powder 1/2 tsp (2 ml) salt 1 cup (250 ml) chocolate chips

Method : Cream butter and sugar together in bowl Beat in eggs one at a time until smooth In second bowl, stir flour, baking soda, baking powder, salt and chocolate chips Add to butter sugar and egg mixture and stir in bananas Transfer to greased 9 x 5 x 3 inch (23 x 12 x 7 cm) loaf pan Bake in 350F (180C) oven for about 1 hour or until toothpick comes out clean Let stand for 10 minutes Remove from pan and place on cake rack to cool Wrap to store

**Bread and butter pudding** For a change this can also be made with chocolate custard by just adding a little cocoa. Snow Balls

Ingredients: 1/4 cup of butter 2 cups dessicated coconut 1/4 cup of milk 1 cup sugar 3 tablespoons coco powder 2 cups of oats And some more grinded coconut for later  
Method : Boil butter, milk and sugar for 5 minutes Add oats, coco powder and grinded coconut Stir all together and roll into balls Roll in dessicated coconut and place in your fridge to cool

**Easter Bunny Biscuits** These biscuits are easy to make and children will enjoy decorating them once they've been baked.

Ingredients 6ozs plain flour 4ozs butter 2ozs soft brown sugar 1-2 tsp. ground cinnamon Grated rind of a lemon 1 large egg yolk 2-3 tbs. milk To decorate: Tube of ready-made icing Mini marshmallows Currants  
Method Pre-heat oven to gas mark 4 or 180°C Sieve the flour into a large bowl. Cut the butter into small pieces and then rub in to the flour until the mixture resembles fine breadcrumbs. Add the sugar, cinnamon and grated lemon rind and mix thoroughly. Mix in the egg yolk and sufficient milk to make a stiff dough. Turn onto a floured surface and knead lightly. Roll out to a thickness of about 5mm. with a lightly floured rolling pin. Use a rabbit shaped cutter to make about 12-15 biscuits. Place on engrossed baking sheets and bake for about 10-15 minutes or until a light golden colour. Remove from the oven but leave on the baking trays for about 5 minutes and then lift off carefully with a palette knife onto a cooling tray. When cool the children can decorate their biscuits by using the icing to stick on decorations.

### **Fruit & Drink**

**Lovely fruit and drinks - fun to make..**

### **Non-Cook Fruit Kebabs**

Ingredients: 4 to 8 pieces of cut fruit/ or whole fruit 4 (8 ounce) containers of assorted flavoured yogurts

Method: Gather ingredients. Empty each container of yogurt into its own bowl and stir to soften. Thread 4 to 8 pieces of cut fruit on skewer. Leave space between the fruit. Dip each piece of fruit into one yogurt flavor. Be creative with fruit/yogurt combinations.

### **Frozen Fruit Fizzle**

Ingredients: 2 tablespoons frozen apple juice concentrate 1 cup frozen mixed fruit 6 ice cubes 1/2 cup sparkling water

Method : With adult assistance, combine apple juice concentrate, fruit and half of the ice in a blender. Blend at medium speed until smooth. ( If you have a pulse button, use this at the beginning to get things going). Add remaining ice cubes. Blend at high speed for 45 seconds or until smooth. Pour into a tall glass, add sparkling water and stir. Slurp with a straw. ( optional )

**Fruity ice lollies** In hardware shops you can find lollipop moulds and wooden sticks or you can just make up ice cubes of the mixture and serve melting in a little dish, it's a new sensation and texture for discovery. Choose from any of the following fruits: melon, strawberry, raspberry, mango, paw paw, banana, seedless grapes, and passion fruit mixed with any of the following juices: cranberry, apple, orange, grape, grapefruit or prune.

Ingredients 1 kiwi, peeled and liquidated 100ml fresh orange juice Method Mix the kiwi and orange juice together in a jug. Pour the fruit juice mixture into the lolly mould and place in the freezer to chill for at least one hour. Use within 2 weeks.

**Berries and natural yoghurt** This is a great instant pud in our house as we always have the ingredients and it takes minutes to make.

Ingredients: 2 strawberries 4 raspberries 4 seedless grapes 2 tbs. natural yoghurt Method Wash all the fruit, de-stalk the strawberries, and cut the grapes in half, place in a small ramekin, spoon the yoghurt on top and serve.

**Strawberry Banana Smoothie** Here's a kid-pleasing drink that's bursting with fresh fruit flavour and plenty of bone-building calcium for growing - and grown - bodies! For a frostier smoothie, freeze the bananas first, or toss in a few ice cubes before blending. Makes 3 servings Prep Time: 10 minutes

Ingredients 2 small bananas 1 cup whole frozen strawberries, unsweetened 1 1/2 cups milk 1 8-ounce carton strawberry yogurt

Method Peel bananas, break into chunks and place in blender container. Add strawberries, milk and yogurt to the container. Cover and blend until smooth. Serve immediately.

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### **Berry semolina**

Ingredients 150ml milk 2 heaped teaspoons semolina handful of soft berries e.g. strawberries, raspberries, blackberries, blueberries drizzle of cream  
Method Place the milk in a saucepan and add the semolina. Stir well and heat slowly, constantly stirring until it thickens. Remove from the heat, add the berries and roughly crush with the back of a spoon. Add a drizzle of cream and serve.

### **Pear Sponge**

Ingredients 3 pears 175g butter, soft 175g caster sugar 3 eggs 175g self raising flour 3 tbs. milk Pre-heat the oven to 180°C, 350F, gas mark 4.  
Method Use a 20cm push up bottom cake tin, grease well with butter. Peel, core and halve the pears and arrange over the bottom of the prepared cake tin. Place the butter and sugar in a bowl and beat together until smooth and creamy. Add the eggs and beat well. Add the flour and fold into the mixture, finally add the milk and mix in. Spoon the cake mixture evenly into the tin, over the pears, smooth the surface and place in the pre-heated oven Bake for 45 minutes, until the cake is springy to the touch and has come away from the sides of the tin. Remove from oven and leave to cool for 5 minutes, turn out onto a plate with the pears on the top and serve.

### **Mango Hedgehogs**

Ingredients 1 mango

Method Cut the mango in half and remove the stone then, using a small knife, score the fruit in lengths, cutting through the flesh but not as far as the skin. Do this again, this time cutting the flesh across the other way and again leaving the skin intact. Now pick up the mango half and invert the skin, so that the flesh appears on the outer side, making a domed shape with little cubes of mango that can be bitten off. Little ones love this as the flesh is juicy and sweet and they can easily bite it off – it is messy so be warned!

### **Melon and pineapple salad**

Choose your favourite variety of melon, checking that it is ripe by giving it a little push at the ends - it should gently give, a watermelon though should make a strong knocking sound when tapped.

Method Prepare the melon by cutting out a wedge, removing the seeds and then cut the flesh away from the skin, cut into bite-sized pieces. To prepare the pineapple top and tail and then cut away the skin with a large sharp knife, take care to remove all the little spiky black spots. Cut the pineapple into bite-sized pieces and mix with the melon.

### **Apple and dried apricot puree**

Ingredients 150g dried apricots 2 apples, peeled and cored water to cover Method Place the apricots in a small pan and gently simmer for 15 minutes, more water may need to be added, if the mix gets dry. Add the chopped apple and simmer for a further 5 minutes, remove from the heat, cover the pan with a lid and allow the mixture to cool for 10 minutes. Mash or place in a processor and whiz until smooth, add more water if needed. 1-2-3 Salad 1 handful toasted coconut, 2 tablespoons orange juice concentrate, 3 orange sections, 4 apple slices, 5 diced sized cubes mild cheese, 6 banana slices, 7 small cubes melon, 8 seedless grapes. Cut the fruit. Put each

ingredient into a separate small dish or bowl. Count out the salad ingredients into one large bowl. Stir 9 times, and 10, eat!

### **Cooking With Children**

**Some ideas about safely with food..**

There are two ways that you can get your child involved with cooking.

1. Get them to help in as many small ways as you can safely and under supervision
2. Make a special time for cooking with your child and get them to choose a recipe for tea

### **Food Safety Tips**

Teach children not to touch the stove. When possible, use the back burners when cooking so your child can not reach hot pans and turn the pan handles to the rear of the stove.

### **Nutrition**

To increase the number of vegetables your child eats try offering them when she is most hungry. For example, when you are preparing dinner let her 'snitch' some of the vegetable ingredients or give her a plate of veggies with some dip to start on while the main course is being prepared. · If your child doesn't eat vegetables very well encourage them to eat more fruit. The vitamin and fibre content of fruits is comparable to vegetables.

### **Fun with Food**

Use kitchen gadgets such as egg slicers and melon ball cutters to make food more fun for fussy eaters. Even a two year old can learn to help peel hard boiled eggs and slice them in a wire egg slicer. Make a placemat with construction paper or fabric. Use permanent markers to draw the outlines of a plate, glass and silverware. This can be used as a pattern to help a child learn how to set the table

### **What our parents say that their kids love**

Ruth says Ella love's Banana Pancakes - mash 1/4 banana with a fork. Add 1/2 cup of flour, 1/2 cup of milk and one egg and mix well with a fork. Fry up the pancake and add the rest of the banana when cooked to make a banana pancake roll with honey drizzled on the top. She says that this is good for breakfast, tea or dinner.

Sharon says James loves olives instead of sweeties which are kinder to teeth and olives are very good for them. She says that if olives are too adventurous for your child try a small piece of carrot. She also says that pasta dishes with carrots and cheese are a big hit with James.

Susan says Amy loves cheese & tomato pizza with spaghetti hoops and extra cheese on top.

Sharon says that Amy loves anything with chocolate in it.

Juliet's mum says that Juliet loves crushed pink wafer biscuits sprinkled over ice cream for an instant ice cream sundae - you could add chocolate/strawberry sauce and a teddy bear wafer.

Gabriel's mum Shelley says that he likes Homemade Muesli - soak oats in milk while chopping apples/bananas. Add oranges, raisins or even nuts or seeds. She adds that sugar is required and this is great for tea. She recommends eggy bread - bread soaked in eggs and milk and served plain or sweet with jam or honey or savory with cheese spread or sprinkled with grated cheese. She also adds that garlic mushrooms on toast goes down well - lightly spread toast with garlic puree and add sliced mushrooms. Cover with cheese and grill or microwave as normal. She lastly says that you can get lots of food fun from popcorn, pizza faces, biscuit decorating, chocolate crispy cakes and jewellery from miniature sweets. d a 'listening ear'. in our