

Lunch Box *Mix & Match*

Recipes for Lunch and Snack Ideas



This booklet contains recipes that accompany the Lunchbox Mix & Match resource. This resource is part of the Kindergarten Orientation package developed by the Murrumbidgee Local Health District Health Promotion Unit.





All recipes have been created by the MLHD Health Promotion Unit (2015), unless otherwise stated. May be reprinted and distributed freely without profit.

All recipes use standard Australian metric measurements.

TBsp = Tablespoon; tsp = teaspoon.

The recipes are based on the Australian Guide to Healthy Eating.

We understand that food allergies and intolerances affect some families and have therefore added whether a recipe is gluten free, dairy free, egg free, nut free or vegetarian. We do not advocate following a restrictive diet unless there are known allergies or intolerances. Rather, we recommend a varied diet with a broad selection of vegetables including legumes, fruit, wholegrains, lean meat and alternatives and reduced fat milk, yoghurt, cheese and/or their alternatives.

For further information please contact: MLHD Health Promotion on

mlhd.hp@gsahs.health.nsw.gov.au or visit

www.mlhd.health.nsw.gov.au/keepinghealthy/health-promotion

Recipes: Mains

Zucchini slice

Makes 6 slices

Ingredients:

- 5 eggs
- 2 medium zucchini, grated
- 1/2 carrot, grated
- 2 rashers bacon, visible fat removed and diced
- 1 brown onion, diced
- 1 cup low or reduced fat cheese, grated
- Salt and pepper

Method:

1. Preheat oven to 180°C. Lightly grease a 20cm x 20cm square baking pan or pie dish. Line the base with baking paper. Set aside.
2. Cook bacon and onion over medium heat until onion is translucent. Allow to cool.
3. Whisk eggs lightly. Mix rest of ingredients in with the egg.
4. Pour into the prepared baking tin.
5. Bake in oven for 30-40 minutes or until cooked through and brown on top.
6. Cut into squares.

Notes:

- Make ahead. Store in a container in the fridge for up to 3 days
- May be frozen
- This recipe makes 6 large slices or 9 small slices
- Gluten free; Nut free
- Check that the bacon is gluten free if required

Tuna slice

Makes 8 slices

Ingredients:

- 1 large tin tuna, drained (about 425g)
- 1 onion, diced
- 1 cup rice, uncooked
- 400-450ml white sauce (recipe below)
- 1 cup reduced fat cheese, grated

Method:

1. Preheat oven to 180°C.
2. Mix all ingredients together.
3. Season to taste.
4. Place in pie dish.
5. Bake for 30-35 min or until set.
6. Cut into squares or wedges.

Notes:

- Make ahead. Store in a container in the fridge for up to 3 days or freeze for 1 month
- Nut free; Egg free
- If you use cornflour in the white sauce, this recipe will be gluten free
- If you'd like a crusty top, reserve half of the cheese to sprinkle over before cooking.

White Sauce recipe to go with Tuna slice

- 2 TBsp plain flour or cornflour
- 400-450ml reduced fat milk
- Salt and pepper

1. Place flour and milk in a small saucepan and whisk to remove any lumps.
2. Place over medium heat. Stir until thickens.
3. It will be ready when the sauce coats the back of a spoon.
4. Allow to cool before adding to the other ingredients in the Tuna Slice recipe.

Rice paper rolls

Makes 12-15

Ingredients:

- 1kg skinless chicken breast or thigh fillets
- 1 TBsp oil
- 1 avocado cut into thin strips
- Lemon juice
- Soy sauce (check label if need GF) or sweet chili sauce
- Choice of vegies cut into strips e.g. red capsicum, cucumber, carrot, lettuce
- 12-15 rice paper rounds (Asian section of supermarket)

Method:

1. Heat oil in frypan over medium-high heat. Add chicken in batches and cook until brown. Set aside to cool.
2. Drizzle lemon juice over the avocado.
3. Place warm water into a shallow dish (a pie dish is perfect). Soak one rice paper round in the water until soft. Remove from water and place on a cutting board or plate.
4. Place a small amount of chicken, vege strips, avocado and a splash of soy or sweet chili sauce onto the rice paper round.
5. Fold the end over the filling, then fold in each side, then roll the mixture up tightly.
6. Repeat with remaining rice paper rounds and filling.
7. Store in refrigerator in an airtight container. Separate each roll with foil or baking paper so that they don't stick together.

Notes:

- Make a day ahead. Store in a container in the fridge with baking paper, foil or damp paper towel to separate each roll
- Gluten free; Nut free; Egg free; Dairy free
- If you would like vegetarian, just use tofu in place of the chicken

Sushi – Nori Rolls

Makes 6 rolls

Ingredients:

- 2 cups cold, cooked rice, softened with a little water or rice vinegar
- Small tin tuna or 1 cooked skinless chicken breast
- ½ avocado, sliced
- ¼ red capsicum, sliced into strips
- ½ carrot, grated
- 6 sheets nori (in Asian section of the supermarket)

Method:

1. Place nori sheet on bamboo rolling mat (available in Asian section of the supermarket)
2. Place some rice to cover the nori sheet, press down with wet fingers to a depth of 0.5cm, leaving a 1cm gap at one end.
3. Arrange fillings in a line on top of the rice.
4. Start rolling up from the end with fillings. Lift the bamboo mat and roll tightly. Wet the strip at the end and push gently to seal the edges. Slice into about six pieces using a sharp, wet knife.
5. Serve with soy sauce to dip (check label if need GF)

Notes:

- Make a day ahead. Store rolls in a container in the fridge wrapped in baking paper or foil before cutting into smaller pieces
- Gluten free; Nut free; Egg free; Dairy free
- If you would like vegetarian, just use tofu in place of the chicken

Stuffed Baked Potatoes

Makes 1

Ingredients:

A medium potato or small sweet potato

Method:

1. Pre-heat oven to 200°C.
2. Thoroughly scrub skin of potato. Prick with a fork a few times over skin of potato
3. Place in microwave on paper towel and cook on high for 7-10 minutes. Place into the oven for a further 10 minutes, or until skin is slightly crispy and the potato is cooked all the way through.
4. Once potato has cooled slightly, place it on a cutting board. Carefully slice the top off it. If using sweet potato cut down the middle.
5. Scoop the middle of the potato out using a teaspoon, being careful not to break the skin. Leave about a 5mm layer of potato in the shell.

To make the stuffing:

6. Place the scooped out potato into a medium bowl. Add the ingredients from your chosen fillings (see suggested fillings) and combine with the scooped out potato.
7. Spoon the stuffing back into the potato shell.
8. Wrap in foil and place in the fridge up to 5 days or in the freezer. Defrost in the fridge the night before.

Notes:

- It's easy to make a lot in advance. Just multiply the recipe by how many you want to make.
- Add an extra 5-7 minutes microwave cooking time if you cook 4 potatoes at a time.
- See our filling ideas on the next page or make up your own filling combinations.
- Check all labels on processed foods such as ham or bacon, if gluten free is required.

Stuffed Potato Fillings:

To fill 1 potato

Ham and Corn

- 30g sliced lean ham (check label if GF is required)
- 1 small tin corn kernels
- 1 TBsp reduced fat cheese, grated
- 1 tsp chopped chives

Pizza Filling

- 1 tsp tomato paste
- 1 TBsp sliced black olives
- ¼ red capsicum, chopped
- 1 mushroom, chopped
- 1 TBsp reduced fat cheese, grated

Broccoli Pesto (makes enough filling for 2 potatoes)

- 1 cup broccoli florets, steamed
- 2 TBsp reduced fat parmesan cheese, grated
- 2 TBsp olive oil
- Salt and pepper

Place all ingredients into a blender or food processor and blend until combined. If you would like a chunkier dip, do not blend for too long.

Recipes: Snacks

Zucchini Fritters

Makes 10

Ingredients:

- 1 zucchini, grated
- 2 eggs
- 2 TBsp plain flour
- 2 tsp fresh or dried herbs of your choice

Method:

1. Mix all ingredients together in a bowl until well combined.
2. Heat small amount of oil or butter in a frypan over medium heat.
3. Using a tablespoon, add mixture to the frypan and flatten slightly.
4. Allow to cook for a few minutes before flipping over. Cook until golden brown.

Notes:

- Make ahead. Refrigerate for up to 5 days or freeze up to 3 months
- Nut free; Dairy free; Vegetarian
- If you need gluten free, use buckwheat flour or rice flour instead of plain flour
- Sweet potato or corn and spring onion can be used in place of the zucchini for variety
- These are delicious served with tomato relish and fresh avocado

Sweet Potato Chips

Makes 2-3 serves

Ingredients:

- 1 medium sweet potato
- 1 teaspoon olive oil
- Pinch of salt

Method:

1. Preheat oven to 210°C. Line a flat biscuit tray with baking paper.
2. Slice the sweet potatoes into very thin slices.
3. In a large bowl, toss potato slices with oil and salt to coat lightly. Lay the slices in a single layer on the prepared tray.
4. Bake for 10 minutes. Turn over each chip and bake for 10 minutes more or until chips are crisp. Watch carefully at the end so they don't burn.

Notes:

- Make ahead. Allow to cool completely before storing in an airtight container for up to 3 days.
- Nut free; Gluten free; Dairy free; Egg free; Vegetarian

Apple and Cinnamon Balls

Makes 10-11

Ingredients:

- ½ cup dried pitted dates
- 1 cup dried apples
- ½ cup rolled oats
- ½ teaspoon cinnamon

Method:

1. Combine all of the ingredients in a food processor and process until it forms a thick paste.
2. Using about a tablespoon of the mixture, roll into balls.
3. Store in an airtight container

Notes:

- One serve would be 1-2 balls. Great for active children who need an energy boost.
- Nut free; Dairy free; Egg free; Vegetarian
- Source: <http://cupcakesandkalechips.com/2014/08/17/cinnamon-caramel-apple-energy-balls/>

Nut-free Trail Mix

Ingredients:

Equal quantities of:

- Pumpkin seeds
- Sunflower seeds
- Sultanas
- Dried cranberries or apricot pieces
- Unsalted popcorn

Method:

1. Mix together. Store in an airtight container up to 5 days (or longer if not using popcorn).
Divide into 1/3 cup portions for the lunchbox.

To make your own microwave popcorn:

- ½ cup popcorn kernels
- 1 brown paper bag

2. Place popcorn in the brown paper bag. Roll the top of the bag over a few times to seal. Place bag in the microwave so that the rolled top is facing up. Microwave on high for 2-3 minutes or until the popping slows down.

Notes:

- Make ahead. Store in an airtight container for up to 5 days.
- Nut free; Gluten free; Dairy free; Egg free; Vegetarian
- One serve is approx. 1/3 cup

Recipes: Dips

Divide dips into small containers and place into the lunchbox. Serve with cut up fruit, vegetable sticks, wholegrain rice crackers or wholemeal grissini.

Banana and Yoghurt dip

2 servings

Ingredients:

- ½ medium banana, mashed
- 2 TBsp reduced fat natural yoghurt

Method:

1. Mix together. Serve in lunchbox that day.

Ricotta and Sweet Chilli Dip

2 servings

Ingredients:

- 2 TBsp reduced fat ricotta
- 1 TBsp sweet chilli sauce

Method:

1. Mix together. Store in an airtight container in the fridge up to 3 days.

Cinnamon and Yoghurt Dip

2 servings

Ingredients:

- 2 TBsp reduced fat natural yoghurt
- 1 tsp honey or maple syrup
- ½ tsp cinnamon

Method:

1. Mix together. Store in an airtight container in the fridge up to 3 days.

Ranch Dressing Dip

4 servings

Ingredients:

- 3 TBsp reduced fat natural yoghurt
- 1 tsp dried dill
- 1 tsp dried chives
- 1 tsp onion powder
- 1 tsp garlic powder
- Salt and pepper

Method:

1. Mix together. Store in an airtight container in the fridge up to 5 days.

Guacamole

Makes 1 cup

Ingredients:

- 1 ripe avocado, halved
- 2 tsp lemon or lime juice
- Salt and Pepper
- Optional:
 - 1 small tomato, cubed
 - 2 TBsp coriander, finely chopped
 - ½ small onion, finely chopped

Method:

1. Scoop flesh out of avocado. Mash with a fork.
2. Add other ingredients and mix well.
3. Store in an airtight container in the fridge for 2 days

Salsa

Makes 1½ cups

Ingredients:

- 2 tomatoes, chopped
- ¼ medium Spanish onion, finely diced
- 1 green capsicum, finely chopped
- ¼ cup chopped fresh coriander
- ½ tsp salt
- 1 tsp lime juice

Method:

1. In a medium bowl, stir together tomatoes, onion, capsicum, coriander, salt and lime juice. Chill for one hour in the refrigerator before serving.
2. Make ahead. Store in an airtight container in the fridge for up to 5 days.

Hummus

Makes 1 ½ cups

Ingredients:

- 425 g can chickpeas, drained and rinsed
- ¼ cup lemon juice, about 1 large lemon
- ¼ cup tahini (see notes)
- 1 small garlic clove, minced
- 2 TBsp olive oil
- ½ tsp salt
- ½ tsp ground cumin
- 2 to 3 TBsp water

Method:

1. Place all ingredients, except water, into a blender or food processor. Process until smooth – about 3 minutes.
2. Slowly add water until the desired consistency is reached.
3. Store in an airtight container in the fridge up to 5 days.

Spicy Pumpkin Dip

Makes 1 cup

Ingredients:

- 250g pumpkin, thinly sliced
- ½ tomato, sliced
- 1 clove garlic, sliced
- ¼ onion, diced
- 1 TBsp reduced fat natural yoghurt
- 1 tsp rosemary
- ½ TBsp ground cumin
- ¼ tsp ground black pepper
- 1 TBsp olive oil
- Pinch of salt

Method:

1. Preheat oven to 220°C
2. Toss pumpkin, tomato, onion and garlic with the olive oil and salt and roast in hot oven for 15 minutes, or until pumpkin is cooked
3. Remove from oven and allow to cool slightly.
4. Blend with yoghurt and spices until smooth
5. Store in an airtight container in the fridge for up to 5 days

Source: The Ahasan family, Albury, NSW

White Bean Dip

Makes 1 cup

Ingredients:

- 1 tablespoon olive oil
- ½ clove garlic, crushed
- 1 x 400g cans cannellini beans, drained and rinsed
- 1/3 cup chicken or vegetable stock (check label if GF is required)
- 1 TBsp lemon juice

Method:

1. Heat the oil in a saucepan over medium heat. Add garlic and sauté for a minute. Add beans and stock and simmer uncovered for 5 minutes.
2. Use a hand blender to puree the mixture. Be careful as it will be hot! Stir in lemon juice.
3. Cool and store in an airtight container in the fridge for up to 5 days.

Spinach Dip

Makes 2 cups

Ingredients:

- 100g reduced fat feta cheese
- 250ml reduced fat natural yoghurt
- 250g frozen spinach, thawed
- ½ cup chopped spring onions
- 2 TBsp dried or fresh dill (optional – may use other herbs of choice e.g. chives)
- 2 tsp lemon zest
- Salt and pepper

Method:

1. Place ingredients into a blender or food processor and process until smooth. For a chunkier consistency, just pulse for a few seconds or mash with a fork.
2. Make ahead. Store in airtight container in fridge for up to 3 days

Notes for dips:

- Dip recipes can be easily halved or doubled to suit your family's needs
- Tahini is a sesame seed paste and is available in most supermarkets
- Banana and Yoghurt dip, Ricotta and Sweet Chilli dip, Cinnamon and Yoghurt dip, Ranch Dressing dip and Spinach dip are all Gluten free, Nut free, Vegetarian and Egg free.
- Guacamole, Salsa, Hummus and Spicy Pumpkin dip are all Gluten free, Nut free, Vegetarian, Egg free and Dairy free.
- White Bean dip is Gluten free, Nut free, Egg free and Dairy free, and can be made Vegetarian by using vegetable stock instead of chicken stock.