

**Recipes from the *Cook It, Eat It, Love It!* Practical Cooking Session held for
Canteen workers at Wyong TAFE on 30th June 2009**

VEGETARIAN CALZONE

6 slices of mountain bread
400g low fat mozzarella cheese, grated
3 roma tomatoes cut in half and oven roasted
1 med. Green capsicum, oven roasted and cut into strips
20 kalamata olives, pitted and sliced
2 tablespoons parsley, chopped
Sea salt & Black pepper

METHOD

1. Lay mountain bread flat on chopping board. Divide cheese into 6 portions and place 1 portion in the centre of each slice of bread.
2. Divide tomatoes, capsicum, olives and parsley into 6 and place 1 portion on top of the cheese. Season to taste
3. Fold in sides of bread carefully roll up. Place on lightly oiled tray
4. Bake for 25 minutes.

VEGETARIAN NACHOS

1 large onion chopped finely
1 capsicum chopped finely
½ cup corn kernels
¼ teaspoon chilli powder
½ cup grated low fat cheese
440g tin of tomatoes or jar of tomato salsa
2 carrots chopped finely or grated
2 zucchinis chopped finely or grated
440g tin of red kidney beans
1 packet of lavish bread

METHOD

1. Lightly spray pan with cooking oil and fry onion and chilli powder
2. Add carrots, capsicum and zucchini and lightly cook, then add tin of tomatoes
3. Simmer mixture until vegetables are cooked 5-10mins
4. Stir beans and corn and corn through mixture allowing a couple of minutes for beans and corn to heat through
5. Place lavish bread on an oven tray and bake in a moderate oven for about 10 minutes to dry out. Break into pieces to scoop mixture up
6. Place lavish chips in a lightly greased oven dish. Top with mixture and sprinkle with cheese.
7. Place in oven for 5-10 minutes until cheese has melted.

Acknowledgement: Thank you to the Cook It, Eat It, Love It! Project Team for allowing us to use these recipes.

WEET-BIX SLICE

1 cup self raising flour
5 weet-bix, crushed
2 tablespoons of margarine
1/3 cup brown sugar
1 egg beaten
1 cup sultanas or other dried fruit
1 tablespoon of honey

METHOD

1. Preheat oven to 160 degrees
2. Grease a flat baking tin
3. Mix soft margarine sugar and honey together
4. Add sultanas and egg
5. Mix in the flour and crushed weet-bix
6. Press the mixture evenly across the baking tin. The tin should be about 24cm x 18cm
7. Cook in oven for 25-30 minutes or until golden brown
8. allow to cool then cut into squares

NOODLES WITH VEGETABLES

2 Onions, diced
1 red capsicum, sliced
500g sweet potato cut into 10cm strips
3 carrots cut into 10cm strips
1 large broccoli head broken into florets
1 tablespoon olive oil
1kg hokkein noodles
1/4 cup sweet chilli sauce
1/2 cup reduced salt soy sauce
1 tablespoon honey

METHOD

1. Soak noodles in hot water once separated drain
2. In a large wok or frypan sauté onion in oil until transparent.
3. Add other vegetables and stir fry until just softened
4. Toss noodles through the vegetables
5. Add sweet chilli sauce soy sauce and honey toss quickly and serve

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SAVOURY MUFFIN

2 cups plain flour
1 teaspoon baking powder
1 egg
250mls low fat milk
2 tablespoons olive oil
1 x 125g can corn kernels
3 slices ham finely diced
¼ red capsicum finely diced
2 teaspoons finely chopped chives

METHOD

1. Preheat oven to 180 degrees
2. Sift flour and baking powder into large bowl
3. Mix egg milk and oil together
4. Place wet ingredients along with corn ham capsicum and chives into the flour and fold in very carefully
5. Spoon mixture into greased 6 hole muffin tin
6. Cook for 12 – 15 minutes or until lightly browned
7. Serve warm with your favourite chutney or relish

ZUCCHINI SLICE

37g zucchini grated
1 onion chopped
1 large carrot grated
1 onion chopped
3 lean bacon rashers (rind and fat removed) chopped
1 cup low fat tasty cheddar cheese grated
1 cup self-raising flour
5 eggs lightly beaten
Salt and pepper

METHOD

1. combine all ingredients in a large bowl – mix well
2. pour into greased And lined 16cm x 26cm oven proof dish
3. bake in a 180c oven for 30 – 40mins
4. serve with a side salad

TIPS

- This slice can be eaten hot straight from the oven or refrigerated and eaten chilled
- Try adding a can if creamed corn or corn kernels to the mixture or placing sliced tomato on top before baking
- Try cooking this mixture in a greased texas (large hole) muffin pan for ease of serving. Reduce cooking time to 25-30minutes

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