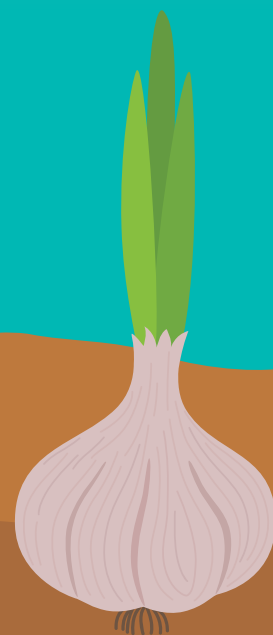
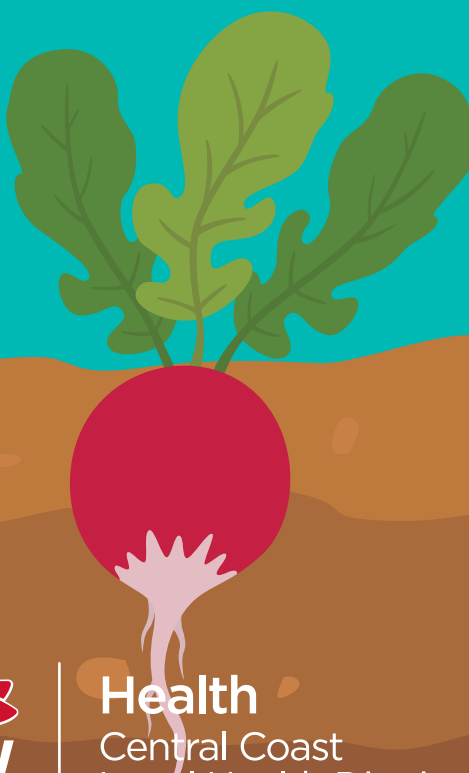
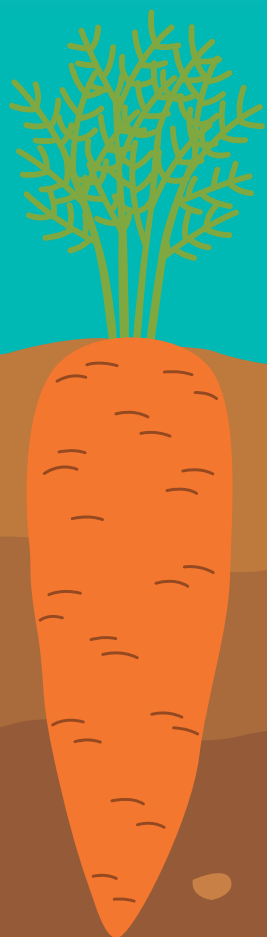




PatchOPlate

*Recipes from Central Coast primary schools
2019*



Health
Central Coast
Local Health District

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Introduction

The Central Coast School Garden Interest Group (CCSGIG) has been meeting twice each year since 2017. A different local school hosts each meeting, gives a tour of their vegetable garden and shares their school experiences.

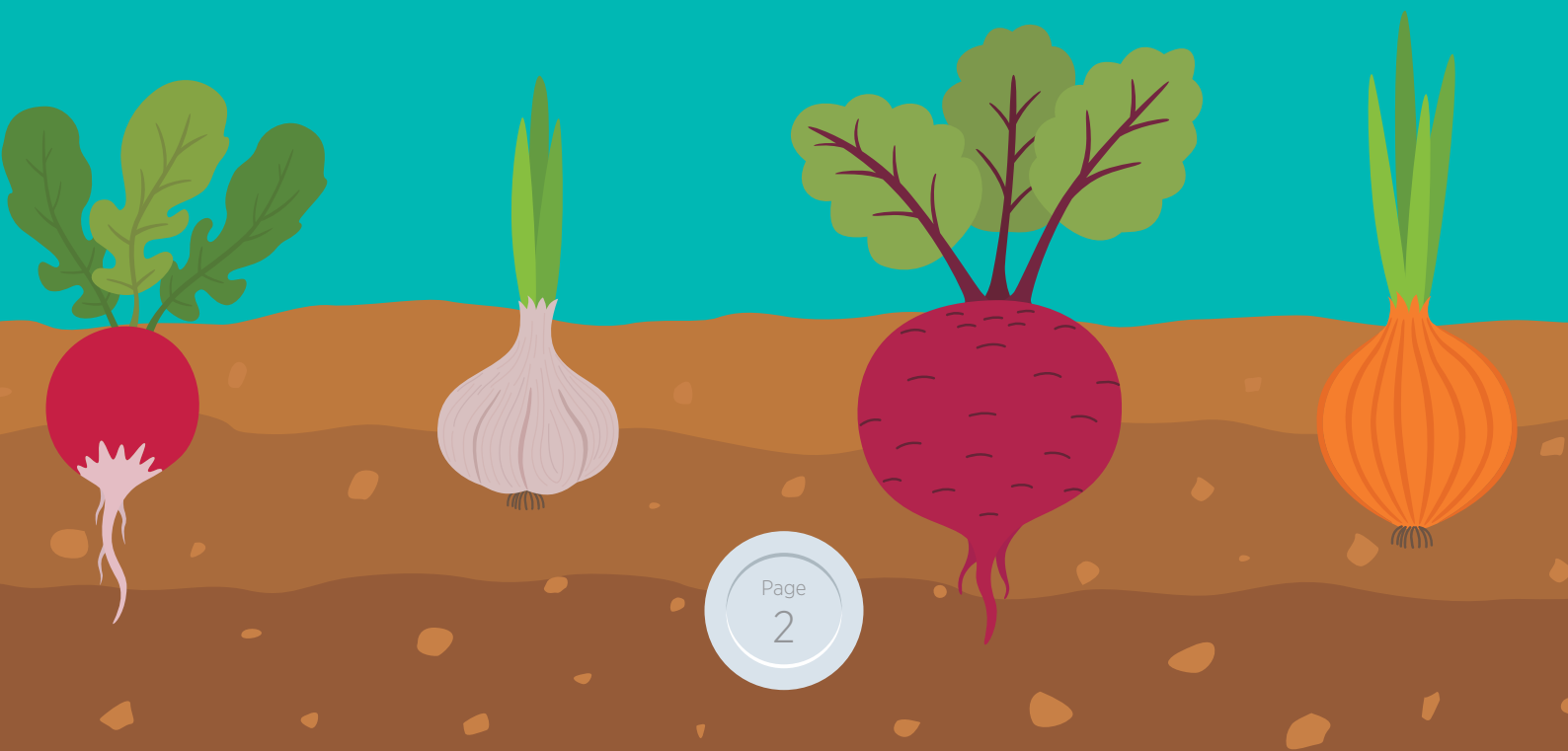
This group aims to connect Central Coast schools with an interest in school gardens and cooking.

More and more schools on the Central Coast now have a kitchen garden growing in the school grounds. There is much variety in the site, size, resources and knowledge of the teachers, from beginners to garden enthusiasts.

Many schools also run cooking classes with their students. Some schools have a kitchen space to use, and others cook in the classrooms with limited equipment.

This recipe book is the first from this group, and includes recipes that local teachers have made with their students. Thank you to those teachers for generously sharing these recipes.

We hope you will enjoy trying these recipes with your students.



Everyday Food Choices

Food group	Choose	Varieties	Everyday choices include:
Grains and Cereals	Wholegrain and wholemeal varieties	Breakfast cereals	<15g/100g sugar Oats Wholewheat biscuit cereals.
		Breads, wraps etc.	Multigrain, wholemeal and rye breads and wraps, Fruit bread, English muffins, crumpets, pikelets, fruit buns
		Crackers	Multigrain rice and/or corn cakes, Rice crackers. Wholewheat and/or multigrain plain crackers.
		Rice	Brown, basmati, long grain varieties.
		Pasta and noodles	Wholemeal varieties, dried noodles (not fried)
		Flours	Wholemeal plain and self-raising flour
		Other grains	Couscous, quinoa, barley, polenta
Vegetables	A range of different types and colours, served raw or cooked	Fresh	Varieties in season
		Frozen	Frozen with nothing added e.g. peas, corn kernels and broccoli florets etc.
		Canned	No added salt/reduced salt varieties e.g. legumes, tomatoes etc.
Fruit	A range of different types and colours, served raw or cooked. NB: does not include juice	Fresh	Varieties in season
		Frozen	Frozen with nothing added e.g. berries, sliced fruits etc.
		Canned	No added sugar varieties e.g. fruit in unsweetened juice.
		Dried	No added sugar, review ingredients lists.
Milk, yoghurt and cheese	Reduced fat varieties	Milk	Reduced fat milk
		Yoghurt	Reduced fat yoghurts including natural, vanilla and fruit varieties.
		Cheese	Reduced fat cheddar, cottage cheese, ricotta
		Milk alternatives	Milk alternatives e.g. soy, with added calcium (100mg/100ml) and reduced fat.
Lean meat, poultry, fish, eggs, tofu and legumes	Serve lean meats and limit processed meats	Lean meat	Beef, lamb, veal, pork, goat or kangaroo Lean mince, cuts with minimum fat marbling and visible fat trimmed.
		Poultry	Chicken, turkey. Skin removed and visible fat trimmed.
		Fish	Tinned in springwater or olive, canola or sunflower oil with no added salt e.g. tuna in springwater Fresh or frozen fish fillet, without crumbs or batter
		Eggs	Fresh
		Tofu and legumes	Tofu Cooked or canned legumes/beans with no added salt e.g. lentils, cannellini beans, chickpeas, etc. Reduced salt baked beans

This table was adapted from Bite & Bounce OSHC Bites Recipe Book.

Healthier Choices for Common Cooking Ingredients


Ingredient	Examples of healthier choices
Oils	Canola, olive and sunflower oil
Spreads	Margarine (made from the oils listed above) Low-fat ricotta or cottage cheese Avocado Hummus, tzatziki, babaganoush etc. Fruit or vegetable puree NB: limit use of yeast spreads, jam, honey, marmalade.
Condiments, sauces and marinades	Choose salt reduced varieties e.g. tomato paste, soy sauce, salsa, mustard
Salad dressings	Based on the healthier oils listed above Use citrus, herbs and vinegar for flavour (avoid creamy dressings and added sugar)
Herbs, spices and seasoning	Fresh and dried herbs and spices, no added salt Use salt reduced varieties of seasoning packets
Stock or soup base	Homemade with no added salt No added salt and/or reduced salt varieties
Sugar, honey and syrup	Use fresh, dried, canned (in unsweetened fruit juice) and frozen fruit to naturally sweeten recipes
Milk	Reduced fat milk
Cream	Reduced fat evaporated milk
Cream cheese	Ricotta or cottage cheese, blend to make smooth.
Sour cream	Reduced fat natural yoghurt
Processed meats e.g. bacon, salami, devon etc.	Lean ham i.e. visible fat trimmed, labelled '97% fat free.' Limit frequency and offer unprocessed meats most of the time (see Everyday Choices Table)
Coconut milk or cream	Reduced fat coconut milk/cream Evaporated reduced fat coconut milk
Pastry	Try using a wholemeal/multigrain wrap or bread instead e.g. a slice of bread can be used for an individual pie base
Taco shells	Use wholemeal or multigrain tortillas
Corn chips	Chop wholemeal or multigrain tortillas into triangles and bake or toast

This table was adapted from Bite & Bounce OSHC Bites Recipe Book.

Seasonal Fruit and Vegetables In New South Wales


Adapted from 2016 Seasonal Food Guide Australia

Summer




Beetroot
Eggplant
Sweet corn
Apricots
Melons
Beans
Capsicum
Celery
Chillies
Cucumbers
Mushrooms
Okra
Pumpkins
Squash
Tomatoes
Zucchini
Berries
Nectarines
Peaches
Plums

Autumn




Apples
Kiwifruit
Pears
Persimmons
Beans
Broccoli
Capsicum
Cauliflower
Chillies
Chinese cabbage
Mushrooms
Okra
Pumpkins
Tomatoes
Turnip (white)
Berries

Winter

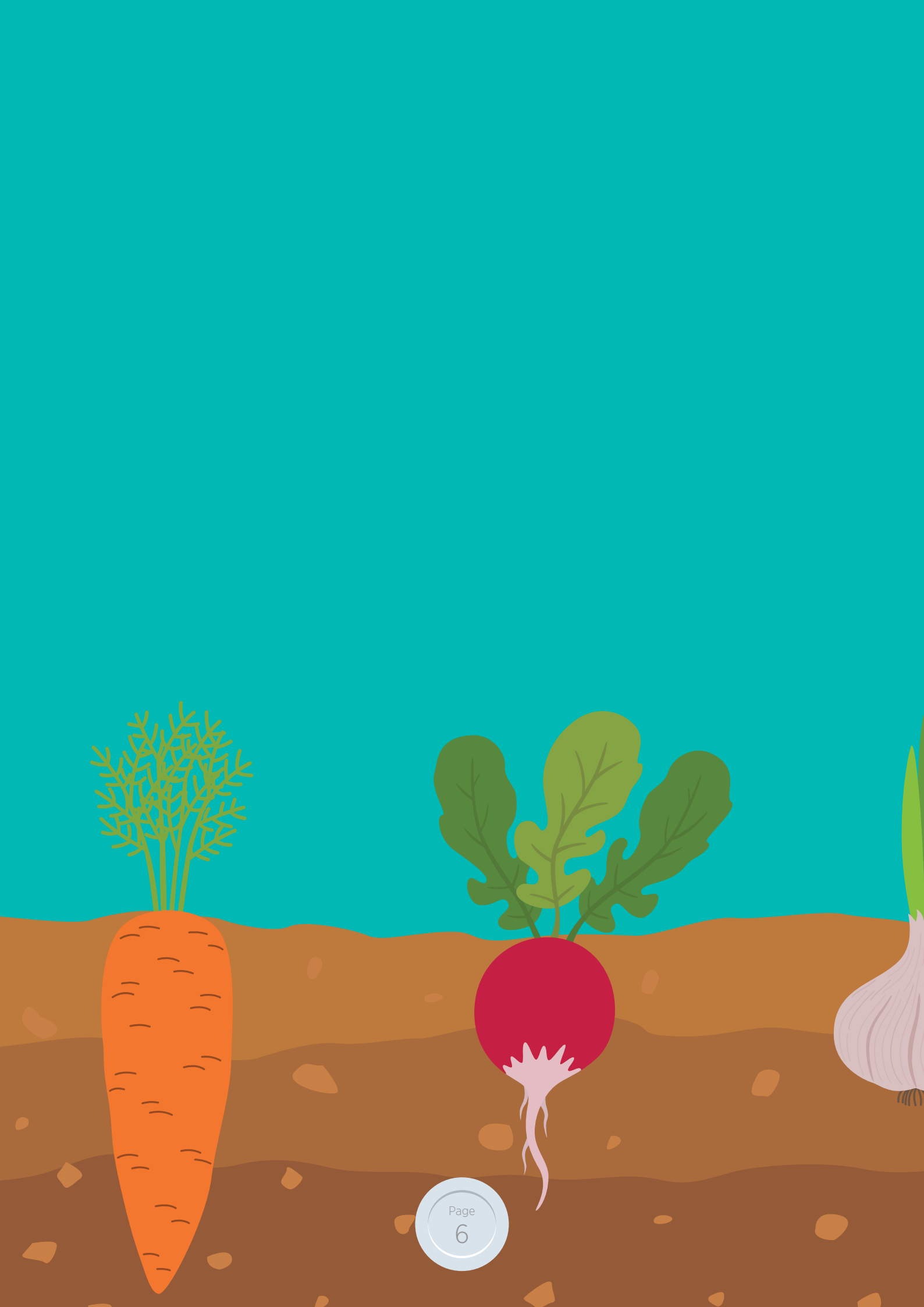


Silverbeet
Spinach
Broccoli
Cauliflower
Chinese cabbage
Lebanese Cucumbers
Leek
Potatoes
Turnip (white)
Lemons
Mandarins
Oranges

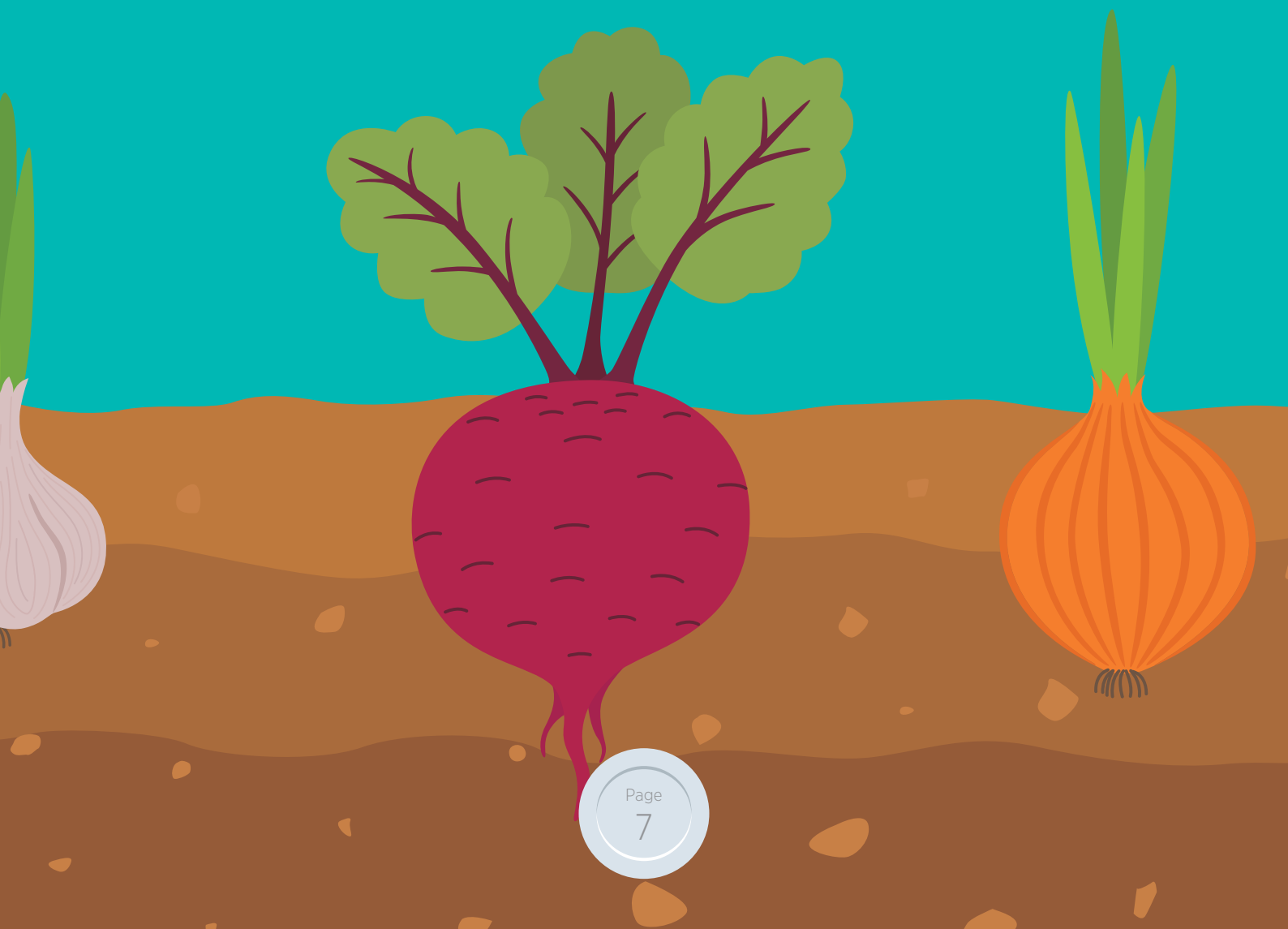
Spring



Artichokes
Broad beans
Cherries
Broccoli
Cauliflower
Celery
Chinese Cabbage
Cucumbers
Leek
Mushrooms
Potatoes
Silverbeet
Spinach
Squash
Tomatoes
Zucchini
Lemons
Mandarins
Nectarines
Oranges
Peaches
Plums



Recipes



Pumpkin & Chickpea Dip

Season: Summer/Autumn
Kitchen: No
Serves: 10
Preparation time: 10 minutes
Cooking time: 40 minutes



Ingredients

500g Pumpkin, peeled and chopped

2 Tablespoons olive oil

Pepper

2 Tablespoons Tahini

400g tin chickpeas, drained

2 Tablespoons lemon juice



Equipment & Utensils

Oven

Baking tray and paper

Food processor or blender

Measuring spoons



Method

1. Preheat oven to 180°C. Line a tray with baking paper
2. Place pumpkin on tray, drizzle with 1 Tablespoon olive oil and season with pepper, tossing to combine
3. Bake for 40 minutes or until soft, and set aside to cool
4. In a food processor or blender, place pumpkin, tahini, chickpeas, lemon juice and 1 Tablespoon olive oil
5. Blend until smooth and serve with veggie sticks or wholegrain crackers

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Beetroot Hummus

Season: Summer
Kitchen: No
Serves: 30 tastes
Preparation time: 10 minutes
Cooking time: -



Ingredients

2 teaspoons ground cumin
2 tins chickpeas, drained
500g cooked beetroot
1/2 teaspoon black pepper
1/4 cup olive oil
2 cloves garlic, crushed
Juice of 1 lemon
Parsley for garnish



Equipment & Utensils

Food processor or blender
Measuring spoons
Garlic crusher
Serving dish



Method

1. Add chickpeas and cumin to food processor. Season with pepper
2. Process for 30 seconds and add beetroot. Process again
3. Add olive oil, garlic and lemon
4. Blend to make soft puree
5. Spoon into serving dish and add parsley to garnish

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Rice Paper Rolls

<i>Description:</i>	<i>Rice paper rolls are a fantastic light snack or meal</i>
<i>Season:</i>	<i>Summer/Spring</i>
<i>Kitchen:</i>	<i>No</i>
<i>Serves:</i>	<i>14</i>
<i>Preparation time:</i>	<i>15 minutes</i>
<i>Cooking time:</i>	<i>30 minutes</i>

Ingredients

85g x4 vermicelli noodles

4 juiced limes

Bean sprouts

Spinach leaves, shredded

3 carrots, finely sliced

2 capsicums, finely sliced

3 cucumbers, finely sliced

12x16 cm round rice paper wrappers

Sweet chilli/ salt-reduced soy sauce

Equipment & Utensils

Kettle

Large heat-proof bowl

Chopping Board

Sharp knife

Dessert spoon

Method

1. Put vermicelli into a large bowl and pour boiling water over to cover. Leave for about 5 minutes, then drain. Place in a bowl and toss through a tablespoon of salt-reduced soy sauce and lime juice
2. Dip rice paper wrappers, one at a time into a large bowl with very warm water until flexible only. Then lift out of water and place onto a plate to drain. Transfer to a dry board
3. Place about a dessert spoon of vermicelli across the centre of the wrapper, leaving 2cm at each end
4. Top with a little spinach, carrot, capsicum, bean sprouts and cucumber. Do not overfill
5. Fold in the sides and roll up firmly to enclose the filling
6. Serve with sweet chilli, or soy sauce



Why we love this dish: It is delish! It introduces safe handling of hot water, measuring, use of knife - slicing, shredding, presentation and you can choose other ingredients to serve.





Cous Cous Salad

<i>Description:</i>	<i>Healthy, easy to prepare summer salad with a variety of garden vegetables.</i>
<i>Season:</i>	<i>Summer/Autumn/Spring</i>
<i>Kitchen:</i>	<i>Yes</i>
<i>Serves:</i>	<i>10</i>
<i>Preparation time:</i>	<i>20-30 minutes</i>
<i>Cooking time:</i>	<i>-</i>



Ingredients

3 medium ears sweet corn,
husks removed

1 cup reduced-salt chicken or
vegetable stock

1 cup uncooked couscous

1 medium cucumber, halved and
sliced

1-1/2 cups cherry tomatoes, halved

1/2 cup feta cheese, crumbled

1/4 cup red onion, chopped

3 tablespoons fresh parsley,
chopped

3 tablespoons olive oil

3 tablespoons lemon juice

1 teaspoon dried oregano

3/4 teaspoon ground cumin

1/2 teaspoon pepper



Equipment & Utensils

Stove/hotplate

2 saucepans

Fork

Large mixing bowl

Small mixing bowl

Sharp knife

Cutting board

Mixing spoon



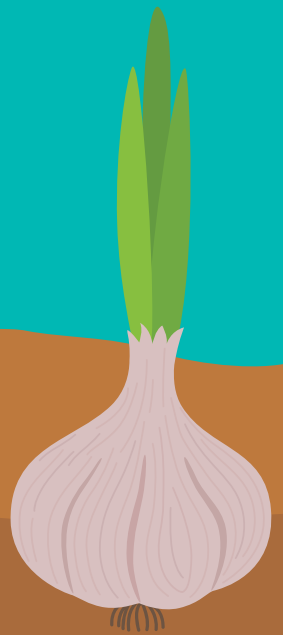
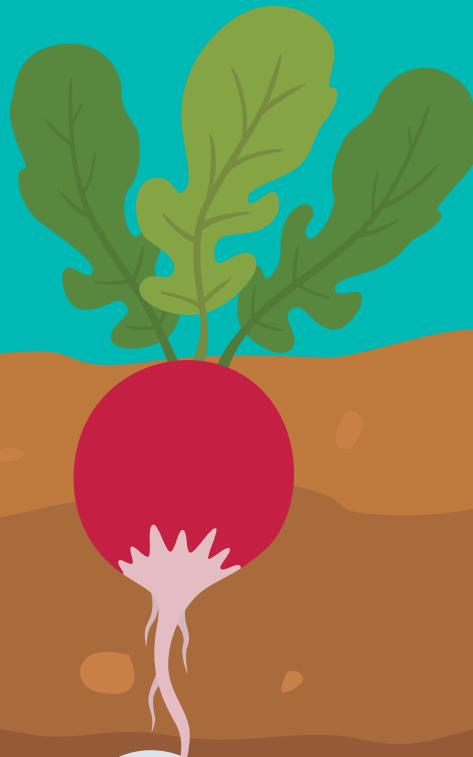
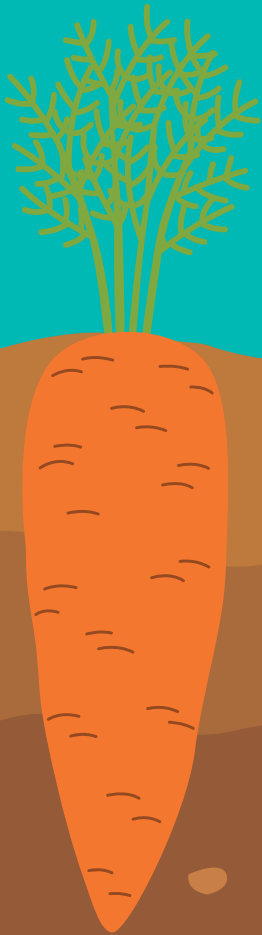
Method

1. Place corn in a saucepan and cover with water. Bring to the boil; cover and cook for 6-9 minutes or until tender
2. Meanwhile, in a small saucepan, bring stock to a boil. Stir in couscous. Remove from the heat; cover and let stand for 5-10 minutes or until water is absorbed. Fluff with a fork and set aside to cool slightly
3. In a large bowl, combine the cucumber, tomatoes, cheese, onion and parsley
4. Drain corn and immediately place in ice water. Drain and pat dry; cut the kernels from the cobs. Add to cucumber mixture. Stir in couscous
5. In a small bowl, whisk the oil, lemon juice and seasonings. Pour over couscous mixture and toss to coat
6. Serve immediately or cover and refrigerate until chilled



Why we love this dish:
Low cost, healthy,
easy to prepare salad.





Lettuce Cups

Season: Any
Kitchen: No
Serves: 30 tastes
Preparation time: 20 minutes
Cooking time: 10 minutes



Ingredients

3 tablespoons salt-reduced soy sauce

2 cm knob of ginger, peeled and finely chopped

2 tablespoons oil

4 cups cooked brown rice

4 spring onions, finely chopped

1 red capsicum, diced

1 cup frozen peas

2 small carrot, grated

30 small whole lettuce leaves

Crispy noodles



Equipment & Utensils

Electric frypan

Sharp knife

Chopping board

Measuring cups

Measuring spoons

Mixing spoon or spatula

Fork or whisk

Serving spoon

Colander



Method

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Beat the soy sauce and ginger in a bowl
3. Heat the oil in the frypan. Add onion, capsicum, carrot and spring onions and cook for 2 minutes, then add rice
5. Reduce the heat and add soy mix and peas. Combine ingredients till cooked, then turn off the heat
6. Wash lettuce cups (30)
7. Add a spoonful of rice mixture into each lettuce cup
8. Sprinkle crispy noodles on top prior to serving





Sweet Corn & Zucchini Fritters

<i>Description:</i>	<i>Simple to prepare fritter recipe which can be easily adapted to include other ingredients from the garden.</i>
<i>Season:</i>	<i>Summer/Autumn</i>
<i>Kitchen:</i>	<i>No</i>
<i>Serves:</i>	<i>10</i>
<i>Preparation time:</i>	<i>15 minutes</i>
<i>Cooking time:</i>	<i>20-30 minutes</i>



Ingredients

1 ½ cups self-raising flour

Pepper

1 cup skim milk

2 eggs

2 large corn cobs, kernels removed

1 zucchini, trimmed and grated

Parsley, finely chopped

Olive oil



Equipment & Utensils

Sieve

Whisk

Mixing spoon

Large mixing bowl

Small mixing bowl

Electric Frypan

Spatula

Grater



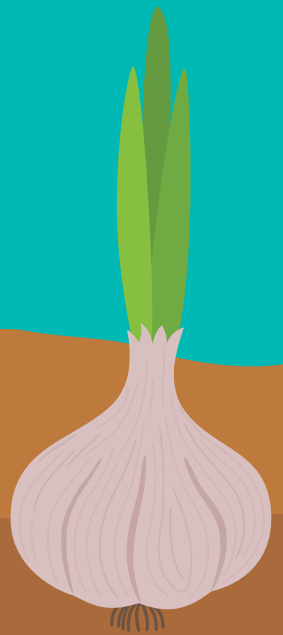
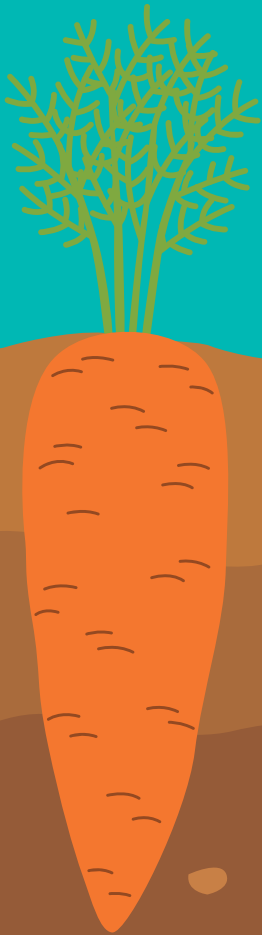
Method

1. Sift flour into a bowl. Season with pepper
2. Using a fork, whisk milk and eggs together in a small mixing bowl until combined. Pour over flour. Stir until smooth
3. Add corn and zucchini. Stir until well combined
4. Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until hot. Spoon ¼ cup of mixture into pan for each fritter
5. Cook for 3 to 4 minutes each side or until golden and firm to touch in the centre. Transfer to a wire rack to cool



Why we love this dish:
Quick and easy to prepare.
We enjoy it with a fresh garden salad.





Pea & Haloumi Fritters

Season: Any
Kitchen: No
Serves: 20
Preparation time: 15 minutes
Cooking time: 30 minutes



Ingredients

2 cups peas
3 eggs
1 cup self-raising flour
¼ skim milk
80g Haloumi, grated
3 shallots, thinly sliced
Fresh dill, chopped
¼ cup olive oil
Lemon Wedges, to serve



Equipment & Utensils

Food processor or blender
Grater
Sharp knife
Chopping board
Measuring cups
Large mixing bowl
Mixing spoon
Electric frypan or stovetop
Spatula



Method

1. In a food processor or blender, mix peas until pureed
2. Whisk eggs in a large bowl. Add flour, milk, haloumi, shallots, dill and pea puree. Stir until well combined
3. Heat oil in fry pan over medium heat. Spoon ¼ cup of batter into pan for each fritter
4. Cook for 3 to 4 minutes each side or until golden and cooked through
5. Serve with lemon and fresh dill.

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Breakfast Burrito

Season: Any
Kitchen: No
Serves: 30 tastes
Preparation time: 15 minutes
Cooking time: 20 minutes

Ingredients

8 eggs, lightly beaten
12 cup skim milk
1 tin corn kernels (drained)
1 red capsicum, finely diced
1 green capsicum, finely diced
Pepper
2-3 cups baby spinach leaves
8 wholemeal tortillas, warmed
2 cups grated cheddar cheese
1/2 cup parsley, roughly chopped

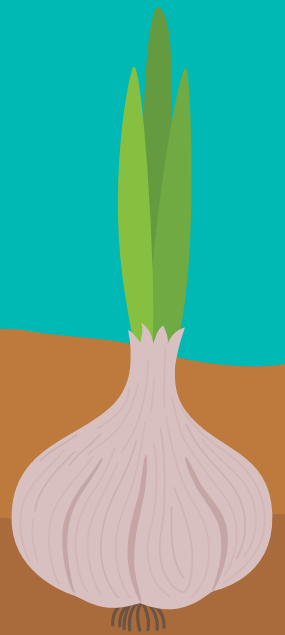
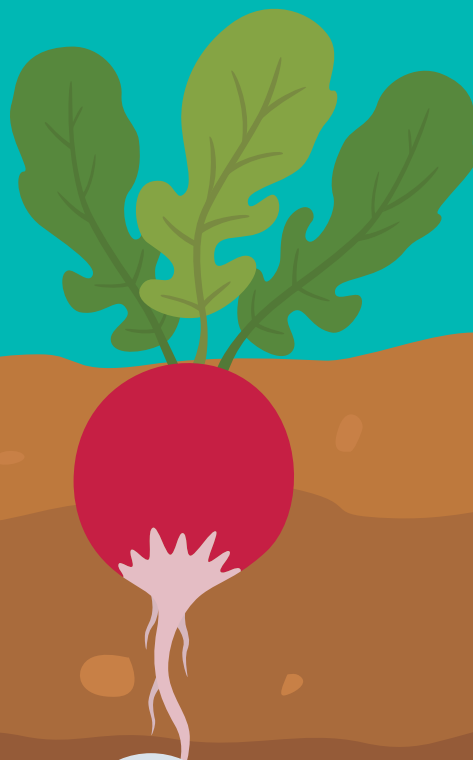
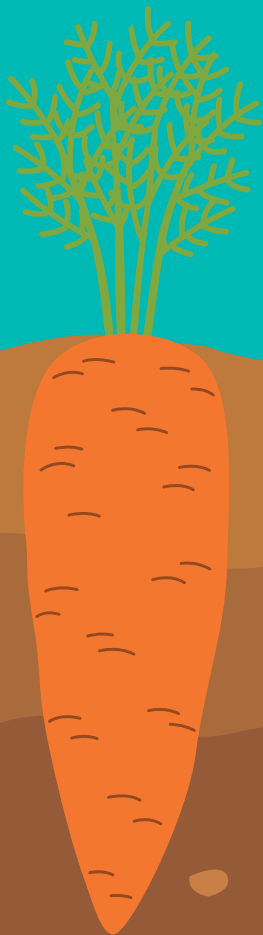
Equipment & Utensils

Sharp knife
Chopping board
Whisk
Large mixing bowl
Electric frypan
Spatula
Measuring cups

Method

1. Lightly whisk eggs, milk, corn, capsicum, parsley and pepper together
2. Pour 1/8 of the egg mixture into a pre-heated non-stick frypan to make a circle
3. Cook over medium heat until eggs are almost set. Flip and cook for a further 15 seconds
4. Repeat with remaining mixture to make 8 omelettes
5. Top each warmed tortilla with a cooked omelette, baby spinach and cheese. Roll the tortilla and cut into quarters. Secure with toothpick to serve





Spinach & Feta Gozleme

<i>Description:</i>	<i>Easy lunch recipe for lovers of spinach and feta Turkish gozleme</i>
<i>Season:</i>	<i>Any</i>
<i>Kitchen:</i>	<i>No</i>
<i>Serves:</i>	<i>6</i>
<i>Preparation time:</i>	<i>20 minutes</i>
<i>Cooking time:</i>	<i>20 minutes</i>



Ingredients

Dough:

400g Low fat natural Greek yoghurt

500g self-raising flour

4 Tablespoons olive oil

Spinach Filling:

200g spinach leaves

400g feta cheese



Equipment & Utensils

2 large mixing bowls

Chopping board

Mixing spoon

Knife

Damp tea towel

Pastry brush

Electric frypan

Spatula



Method

1. Feta and spinach filling: In one bowl, pour boiling/hot water over the spinach and then drain. Crumble feta up and stir through spinach
2. Dough: Combine the yoghurt with the self-raising flour and knead on a floured board for 2-3 minutes
3. Cut into 8 portions. Cover with a damp tea towel until ready to use
4. Roll each dough ball into a 25cm round and place 4 tablespoons of filling on one half. Fold dough round in half and press together the edges
5. Heat a frying pan to medium heat and brush each gozleme with olive oil. Cook on each side until golden "eyes" appear. Remove from pan and serve



*Why we love this dish:
Great recipe for when we have
abundant harvests of spinach
in our school garden.*





Veggie Pad Thai

Season: Any
Kitchen: No
Serves: 30 tastes
Preparation time: 20 minutes
Cooking time: 15 minutes



Ingredients

Juice from 1 lemon
4 tablespoons low-salt soy sauce
2 tablespoons sweet chilli sauce
2 teaspoons brown sugar
2 tablespoons water
2 tablespoons oil
3 garlic cloves, crushed
4 eggs, beaten
3 carrots, peeled and grated
1 capsicum, chopped into strips
2 packets flat rice noodles, cooked, drained
6 spring onions, chopped
Bean sprouts



Equipment & Utensils

Small mixing bowl
Electric frypan
Whisk
Grater
Measuring spoons
Sharp knife
Chopping board
Mixing spoon or spatula



Method

1. In a small bowl, mix together lemon juice, soy sauce, sweet chilli sauce, brown sugar and water
2. Heat the oil in a large pan over medium/high heat
3. Add eggs and cook until scrambled. Remove and put on plate
4. Add more oil and the garlic and stir-fry for 1 minute
5. Add grated carrot and capsicum. Cook for 1 minute
6. Mix in the noodles and pour over the soy sauce mix
7. Add the bean sprouts and spring onion and mix all to combine





Baked Spinach & Ricotta Gnocchi

Season: Winter/Spring
Kitchen: Yes
Serves: 30 tastes
Preparation time: 15 minutes
Cooking time: 55 minutes



Ingredients

Sauce:

1 Tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
½ cup parsley, chopped
750ml passata sauce
Pepper

Gnocchi:

300g spinach, chopped
80g pecorino cheese, grated
80g mozzarella, grated
½ cup chopped fresh herbs
500g fresh ricotta
½ cup plain flour
Pepper
Olive oil



Equipment & Utensils

Oven
Saucepan
Sharp knife
Chopping board
Frying pan
Wooden spoon
Large mixing bowl
Teaspoon
Oven proof dish



Method

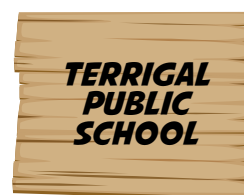
1. Preheat oven to 200°C
2. Boil water in saucepan
3. Blanch spinach for 30 seconds in boiling water, drain quickly and rinse in cool water

Sauce:

1. Heat olive oil in a frypan then add onion, garlic and parsley. Cook on medium heat for 1-2 minutes until onion is translucent
2. Add the passata, season with pepper and stir to combine. Leave to cook on a low heat for 30 minutes.

Gnocchi:

1. Mix together spinach, pecorino, herbs, ricotta, flour and pepper in a large bowl
2. Form balls (3cm round) using a small spoon
3. Grease an oven proof dish with olive oil and arrange gnocchi in dish
4. Drizzle cooked tomato sauce over the top and scatter over the grated mozzarella
5. Bake for 15-20 minutes or until cheese is golden





Sweet Potato Wedges

Description: Deliciously sweet potato wedges

Season: Any

Kitchen: Yes

Serves: -

Preparation time: 5-10 minutes

Cooking time: 50 minutes



Ingredients

Sweet potatoes

Olive oil

Pepper

Herbs



Equipment & Utensils

Oven

Baking tray

Baking rack

Aluminium foil

Sharp knife

Chopping board

Large mixing bowl



Method

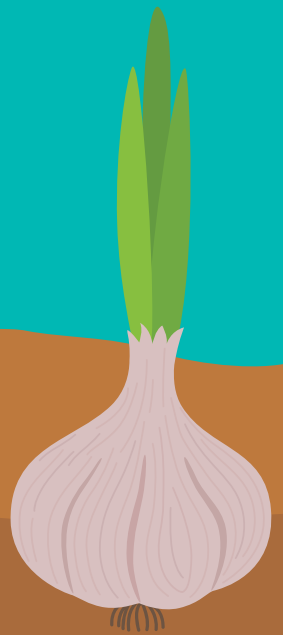
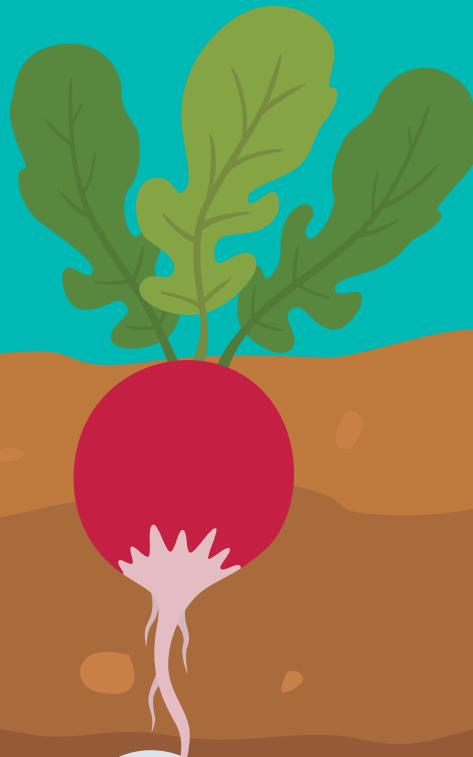
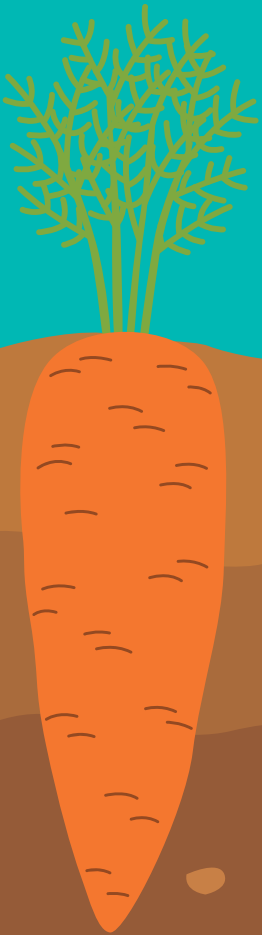
1. Pre-heat oven to 200 °C. Line a large baking tray with aluminium foil (shiny side up). Place baking rack onto prepared baking tray and set aside
2. Scrub potatoes and cut off pointy ends. Slice the sweet potatoes in half lengthwise and then cut each piece into wedges
3. Place the sweet potatoes in a large bowl, add oil, seasoning and herbs. Toss to make sure each piece of potato is coated in the oil mixture
4. Arrange the sweet potato wedges in a single layer on the prepared baking rack. Bake for approximately 40 minutes
5. Leave to cool for 5 minutes before eating



Why we love this dish:

Sweet potatoes are so much fun to grow and this is a simple, delicious way to cook with them at school or at home.





Berry Muffins

Season: Summer/Autumn
Kitchen: Yes
Serves: 36
Preparation time: 15 minutes
Cooking time: 25 minutes



Ingredients

6 cups self-raising flour
1 ½ cups caster sugar
6 eggs
1 ½ cups canola oil
2 ¼ cups skim milk
3 cups berries
2 teaspoons vanilla



Equipment & Utensils

Oven
3x12 muffin tins
36 patty pans
Large mixing bowl
Small mixing bowl
Sieve
Measuring spoons
Measuring cups
Whisk
Mixing spoon



Method

1. Preheat oven to 180°C. Put patty pan cases into muffin trays
2. Sift flour and sugar into a large bowl, and then make a well in the centre
3. In a small bowl, whisk together eggs, oil, vanilla and milk, and add to dry ingredients along with berries. Stir until combined
4. Spoon into muffin tins and bake for 20-25 minutes

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Orange Scones

Season: *Autumn*
Kitchen: *Yes*
Serves: *16*
Preparation time: *20 minutes*
Cooking time: *15 minutes*



Ingredients

2- 1/3 cups self-raising flour
2 Tablespoons sugar
1-2 oranges, juice and rind
1 egg, whisked
40g margarine



Equipment & Utensils

Oven
Baking tray + paper
Large mixing bowl
Small mixing bowl
Measuring cups
Measuring spoons
Whisk or fork
Mixing spoon
Rolling pin
Cookie cutter



Method

1. Preheat oven to 180°C. Line a baking tray with baking paper
2. In a large bowl, mix flour, sugar, orange rind and margarine gently until at a crumb consistency
3. Meanwhile, in a small mixing bowl, mix together juice from the oranges and the egg
4. Make well in the middle of the dry ingredients. Pour in the wet ingredients and gently start to mix in. Mix together until a dough forms
5. Roll the dough to 2 cm thick and use cookie cutter to cut out 16 scones. Place on baking tray just touching
6. Bake in oven for 12-15 minutes

**LITTLE SPROUTS
KITCHEN,
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Additional Recipes and Information

Bite & Bounce OSHC Bites Recipe Book

http://www.healthpromotion.com.au/wp-content/uploads/2018/08/BiteBounce_Book.pdf

FOOST

<https://www.foost.com.au/recipes/>

NSW Healthy Kids

<https://www.healthykids.nsw.gov.au/recipes.aspx?category=kidfriendlyrecipes>

Make Healthy Normal

<https://www.makehealthynormal.nsw.gov.au/food/healthy-recipes>

Healthy Kids Association

<https://healthy-kids.com.au/teachers/kitchen-garden/>

<https://healthy-kids.com.au/parents/recipes/>

Eat For Health

<https://www.eatforhealth.gov.au/eating-well/healthy-recipes>

OzHarvest FEAST

<https://www.ozharvest.org/feast/wp-content/uploads/2018/11/Narwee-cookbook-merged-compressed.pdf>

Seasonal Food Guide Australia

<http://seasonalfoodguide.com/sydney-nsw-seasonal-fresh-produce-guide-fruits-vegetables-in-season-availability-australia.html>
