



# Classroom cook ups

Making veggies fun,  
tasty and simple!





# Veggie Dippers

## Ingredients

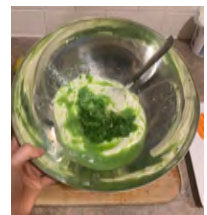
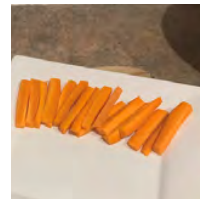
- Vegetables for the dippers
- 1kg Greek yogurt
- 3 tsp of garlic paste
- 3 Lebanese cucumbers, finely grated
- Juice from 1 lemon

## What you need

- Chopping board
- Sharp knife
- Teaspoon
- Grater
- Mixing bowl
- Small bowls or cups to serve

## Directions

- 1 To prepare the dippers, cut the vegetables into sticks (1cm x 5cm).
- 2 Add the cucumbers to a bowl with yogurt, garlic paste and lemon juice.
- 3 Mix the ingredients gently until evenly combined.



## Tip!

You can use all kinds of vegetables for the dippers, like carrots, cucumbers, capsicums or green beans.







# Rice cake faces

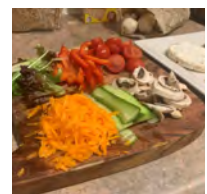
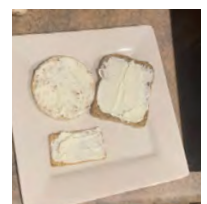
## Ingredients

- Rice cakes, wholegrain crispbread or wholegrain bread
- Ricotta or cottage cheese
- Raw vegetables e.g. grated carrot, capsicum, mushrooms, sliced and halved cherry tomatoes



## Directions

- 1 Spread the ricotta on the rice cake, slice of bread or crispbread.
- 2 Prepare the vegetables so the kids can pick and choose what to use to create their veggie art.
- 3 Allow the children to decorate their food by creating houses on toast, faces on rice cakes, or rockets on crispbread.



## What you need

- Chopping board
- Sharp knife
- Grater
- Butter knife

What other vegetables could you use to create exciting and edible artwork?





# Rainbow pasta

## Ingredients

- 500g pasta spirals
- 1 cup grated cheese
- ¼ cup chopped parsley
- ½ red onion, peeled and finely chopped
- 3 tomatoes, diced
- 2 carrots, grated
- 400g can chickpeas, drained and rinsed
- 2 tbsp lemon juice
- 5 tbsp plain Greek yoghurt

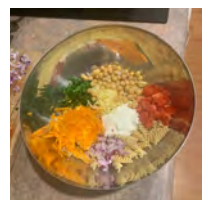
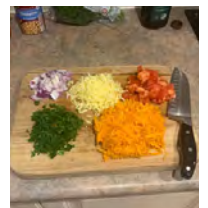


## What you need

- |                  |                 |
|------------------|-----------------|
| • Chopping board | • Mixing bowl   |
| • Sharp knife    | • Large spoon   |
| • Grater         | • Measuring cup |
| • Butter knife   | • Tablespoon    |
| • Saucepan       | • Stove         |

## Directions

- 1 Cook pasta on the stove as per packet (usually boil for 10-12 minutes).
- 2 Prepare the ingredients. Grate the carrot and cheese, chop the parsley and tomato, finely chop the red onion, rinse and drain the chickpeas.
- 3 Mix the ingredients together in a large bowl gently until evenly combined.



## Tip!

If you don't have access to a stove, you can cook pasta in the microwave (use microwave -safe containers with lids) or use instant rice or quinoa.







# Veggie pizza

## Ingredients

- Wholemeal Lebanese bread
- Passata sauce
- Cheese, grated
- Ham, sliced
- Capsicum, thinly sliced
- Pineapple chunks
- Tinned corn
- Button mushrooms, sliced
- Baby tomatoes, sliced
- Red onion, thinly sliced



## Directions

- 1 Using a spoon, spread a thin, even layer of sauce over the Lebanese bread.
- 2 Top with ham, pineapple, mushrooms, capsicum, onion, tomato and corn.
- 3 Cover the ingredients with grated cheese and place in the preheated oven.
- 4 Cook the pizza until the cheese melts and the edges are crisp. Slice to serve.



## What you need

- Chopping board
- Sharp knife
- Grater
- Oven (preheat to 180°C)
- Baking paper
- Baking tray
- Spoon

## Tip!

If you don't have access to an oven, cook them on a large electric fry pan OR use English muffins for mini pizzas and cook them on a sandwich press or in a pie warmer.





# Quesadillas

## Ingredients

- Wholemeal Lebanese bread
- Passata sauce
- Cheese, grated
- Capsicum, sliced
- Tinned corn



## What you need

- Chopping board
- Sharp knife
- Grater
- Electric frypan
- Spoon

## Directions

- 1 Spread a thin layer of sauce over two pieces of Lebanese bread.
- 2 Top with vegetables and cover with cheese.
- 3 Place second piece of bread on top and place into an electric frypan.
- 4 Cook until outside is crispy and cheese begins to melt, flip and cook the other side. Cut into slices to serve.



## Tip!

If you don't have access to an electric fry pan, use a sandwich press and small Lebanese breads.







# Holy guacamole

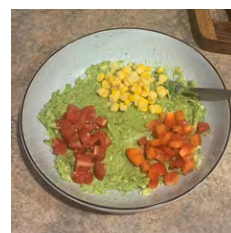
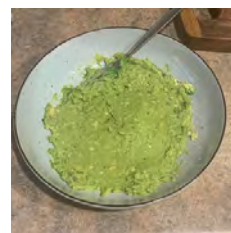
## Ingredients

- 4 ripe avocados
- 1 punnet cherry tomatoes, cut into quarters
- 1 capsicum, cut into small cubes
- 1 small can of tinned corn
- Carrots for dipping



## Directions

- 1 Mash avocados in a bowl.
- 2 Mix in the capsicum, tomato and corn.
- 3 Chop the carrots into sticks (1cm x 5cm).
- 4 Serve the guacamole and carrot sticks in small cups or bowls.



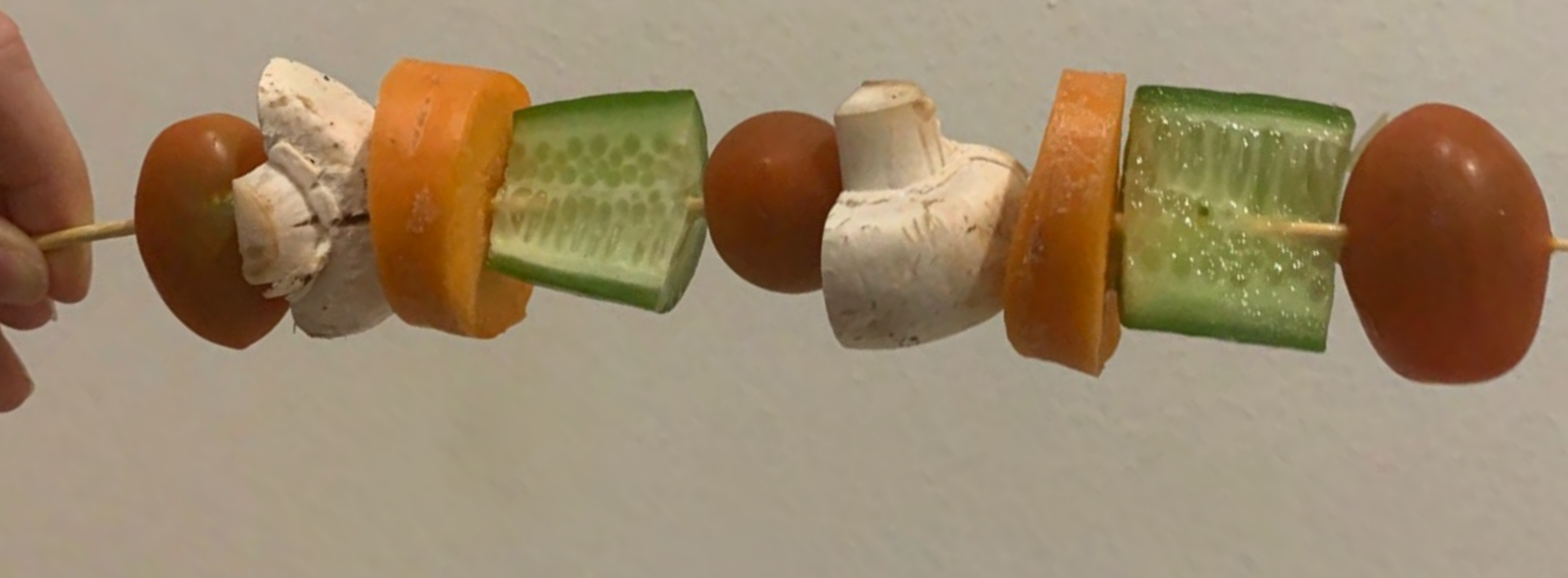
## What you need

- Chopping board
- Sharp knife
- Grater

## Tip!

Serve with wholegrain crackers and a sprinkle of grated cheese for a fresh and healthy take on nachos.





# Rainbow kebabs

## Ingredients

- Four different coloured vegetables, chopped into similar sized pieces e.g.
  - Carrot
  - Cucumber
  - Tomatoes
  - Button mushrooms

## What you need

- Chopping board
- Sharp knife
- Grater
- Skewers / Paddlepop sticks

## Directions

- 1 Arrange the vegetables on a skewer in a rainbow.
- 2 Repeat the pattern for longer skewers.



## Tip!

If you have an electric fry pan, you could use zucchini instead of cucumber and grill the kebabs.







# Finger sandwiches

## Ingredients

- Wholemeal bread
- Tasty cheese, sliced
- Ham, sliced
- Avocado
- Tomato, sliced
- Carrot, grated
- Cucumber, thinly sliced
- Lettuce



## What you need

- Chopping board
- Sharp knife
- Grater
- Toothpicks/ Paddlepop sticks



## Directions

- 1 Make a range of different simple sandwiches, e.g. cucumber and cheese, carrot and avocado, cheese and tomato, ham and lettuce.
- 2 Cut sandwiches into small (e.g. 3cm by 3cm) squares and secure with toothpicks.

## Tip!

Secure a small amount of the vegetable onto top of the sandwich so the kids can choose what vegetable they want to eat.

