

# QUICK CORN PIKELETS

SERVES: 20

## METHOD

1. Mix flour, creamed corn and milk together in a large bowl. This makes quite a thick batter, more like damper than pancake mixture
2. Heat a large frypan and spray with oil
3. Use a large spoon to dollop spoonfuls (about 1/4 cup size) of batter into the frypan. Cook on a medium heat until golden brown on that side, about 3-5 minutes. They will puff up a bit too. Flip over and cook for another 3 minutes, or until golden brown.
4. Repeat until the batter is all used.

## INGREDIENTS

- 2 cups self-raising flour
- 2 x 400g cans creamed corn
- 4 tablespoons reduced fat milk
- Olive oil or canola spray

## TIP!

These have been trialed in the WASCA office using gluten free flour and work very well!



# PUMPKIN FETA & PEA FRITTATINIS

SERVES: 12 X 70g FRITTATINIS

## METHOD

1. Preheat oven to 180C°
2. Place pumpkin in microwave safe bowl with a little water, microwave on high for 5-7 minutes or until tender, drain
3. Line 12 holes of a greased 1/2 cup capacity muffin tray with squares of baking paper - allow a little to overhang as the frittatinis will puff up
4. Divide pumpkin, peas and feta between lined muffin holes - they should be quite full
5. Lightly beat eggs and pepper in a jug, stir in mint, pour over filling
6. Place in centre of oven, bake for 20 minutes
7. Leave to cool in tin for 15 minutes before removing from tin to serve.

## INGREDIENTS

375g butternut pumpkin, peeled, deseeded and chopped into small pieces

3 tablespoons frozen peas

150g reduced fat feta cheese, crumbled

6 large eggs

Pinch black pepper

3 tablespoons fresh mint, chopped

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# CHICKEN OR MUSHROOM GOZLEME

SERVES: 20

## METHOD

1. Add oil, leek and garlic to pan, saute for two minutes or until leek is soft
2. Add the stock and spinach, cook on medium heat stirring until the spinach is heated through.

## CHICKEN FILLING

1. Sauté chicken on high in a pan until nicely browned
2. Sprinkle stock through and turn off heat
3. Add lemon juice and mix thoroughly.

## MUSHROOM FILLING

1. Add oil and mushrooms to pan, sauté until cooked
2. Remove from heat and drain.

## ASSEMBLY

1. Spread 1/3 cup of the spinach mixture on one half of the tortilla
2. Spread 1/2 cup of the chicken or mushroom mix over the spinach
3. Top with 1/4 cup (30g) of reduced fat cheese
4. Fold tortilla flap over to form a half circle
5. Toast on a flat grill/toaster machine until lightly browned
6. Cut in half and place in a plastic rectangular container to serve, lid optional.

## INGREDIENTS

- 1 tablespoon polyunsaturated oil
- 1 leek, very finely chopped
- 2 tablespoons garlic, minced
- 2 teaspoons salt reduced vegetable stock powder
- 1kg frozen spinach
- 600g reduced fat cheese, grated 20 x 10" tortillas

## CHICKEN FILLING

- 1kg cooked diced chicken breasts
- 2 teaspoon salt reduced vegetable stock powder
- Juice of 1 lemon

## MUSHROOM FILLING

- 1kg mushrooms, halved and thinly sliced
- 1 tablespoon polyunsaturated vegetable oil

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Recipe courtesy of WA School Canteen Association  
[www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)



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# MUESLI CUPS

SERVES: 1

## METHOD

1. Mix yoghurt and oats together in a bowl
2. Place half mixture into serving jar or glass
3. Layer with berries and add seeds
4. Repeat step 2 and 3
5. Ready to eat.

## INGREDIENTS

- ½ cup rolled oats
- 2 tbs Greek yoghurt
- 2 tbs mixed berries
- 2 tsp pumpkin seeds



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# COCONUT PORRIDGE

SERVES: 1

## METHOD

1. Place oats, milk and cinnamon in a bowl and stir
2. Place in microwave for 2 minutes
3. Drizzle with honey and top with fruit .

## INGREDIENTS

- 65 g rolled oats
- 125 mL unsweetened coconut milk
- ¼ tsp honey
- ¼ tsp cinnamon
- 2 tbs mixed berries or fruit of your choice

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# VEGIE EGGS

SERVES: 1

## METHOD

1. In a bowl whisk eggs and milk together and add cheese - set aside
2. Heat a small frying pan, add oil, add mushroom and cook until softened
3. Add tomatoes and spinach and cook until spinach is wilted
4. Add egg mixture and stir - cook until eggs are cooked through or to your liking
5. Serve on toast!

## INGREDIENTS

- 2 eggs
- 1 tbs reduced fat milk
- sprinkle of shredded cheese
- 2 mushrooms - diced
- ½ medium tomato - diced
- ½ cup spinach
- 2 slice toast
- 1 tsp olive oil

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[www.fuelto.go.com.au](http://www.fuelto.go.com.au)



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# BREAKFAST SMOOTHIE

SERVES: 1

## METHOD

Place all ingredients into a blender and mix until smooth.

## TIP!

Looking to increase your vegetable intake at breakfast?

Why not add a handful of spinach or ½ a zucchini.

## INGREDIENTS

- 2 Weetbix™
- 1 cup reduced fat milk or alternative
- 1 medium banana
- 1 tsp nut or seed paste
- 1 pitted dated
- ½ cinnamon

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