

Smart Choices recipe ideas: school camps, excursions and classroom activities

Here are some quick and easy recipes for use by camp venues and schools.

SPAGHETTI BOLOGNAISE					
Ingredients	Quantity				PREPARATION / NOTES
	25 People	35 People	45 People	55 People	
Onions	4	6	8	10	Brown onions in large boiler using small amount of olive oil. Brown mincer in large boiler with onion. Add Paste to the mince and onion in the boiler. Stir well. Add vegetables to the mince mixture and stir. (Add a little more water if required). Add spaghetti to boiling water in separate container, and cook for 10 minutes. Empty 1 packet of cheese at a time into a large bowl. Have tongs ready for serving.
Lean Mince	2.5 kg	3.5 kg	4.5 kg	5.5 kg	
Dolmio Tomato Paste 575g btls	3	4	5	7	
Mixed Chopped Vegetables	1 kg	1 ½ kg	2 kg	2 kg	
Spaghetti 500g Pckts	4	6	8	9	
Salt and Pepper	As required				
Low Fat Grated Cheese	3 Pckt	4 Pckt	5 Pckt	6 Pckt	

Title	Ingredients	Directions
<i>Mediterranean</i> <i>Roll-Ups</i> <i>(serves 10)</i>	Mountain Bread 5 sheets Hummus 200g Lettuce, shredded ½ Carrots, grated 1-2 Tomatoes, diced 4 Spring onion, diced 1 Ground pepper pinch	1. Spread the sheets of mountain bread out on a clean surface. 2. Use a spatula to spread the bread evenly with the hommus. 3. Combine the lettuce, carrot, tomatoes, onion and pepper. 4. Spread the salad evenly over the hommus. 5. Roll the bread up firmly, then cut into neat serving portions and serve at once.
Healthy Pizza Toppings	Grated / sliced zucchini Asparagus Mushrooms Sweet potato Capsicum Spring onion Pineapple Corn Onion Mixed beans Spinach Olives Baked potato Tomatoes	Lean chicken Low-fat Mozzarella Tomato Paste Feta Lean ham or bacon Roast Beef BBQ sauce Seafood Sweet chilli Sundried tomato Sauce Grilled eggplant Herbs
<i>Fried</i> <i>Vegetable</i> <i>Brown Rice</i> <i>(serves 10)</i>	Brown rice 2 cups Extra lt olive oil 2 tbsp Eggs, lightly beaten 3 Skinless chicken 300g Lean bacon chopped 350g Can of corn 250g Frozen peas 500g Red Capsicum, diced 2 Carrot, grated 2 Green onions, sliced 10 Reduced-salt soy sauce 4tbsp	1. Cook rice according to packet directions and set aside 2. Heat 2 tsp oil in a wok over medium heat. Add eggs and swirl around. Cook for 1 minute each side. Roll omelette, slice and set aside. 3. Heat remaining oil in wok over medium heat. Add chicken and bacon and stir-fry for 2 minutes. Add corn and peas and stir-fry for 2 minutes. 4. Add capsicum, carrot, green onions and rice and stir-fry for 3-4 minutes or until rice is hot. 5. Add sliced omelette and soy sauce and stir-fry for 30 seconds and serve.

<p><i>Cheesy Vegetable Muffins (serves 12)</i></p>	<p>self-raising flour 2 cups paprika 1 teaspoon grated tasty low-fat cheese 1 cup grated carrot & zucchini 1 cup eggs, lightly beaten 2butter melted 30g low fat milk 1 cup sesame seeds (optional) 2 tspns</p>	<ol style="list-style-type: none"> 1. Combine all dry ingredients, cheese and vegetables in a bowl. 2. Combine eggs, butter and milk in another bowl. 3. Add egg mixture to dry ingredients. 4. Stir until just combined. 5. Spoon into greased muffin trays, sprinkle with sesame seeds and bake at 200°C for 25 minutes.
<p><i>Fruit Whirls (serves 10)</i></p>	<p>Assorted Fruit 2 cups Bananas 5 Low fat yoghurt 500g Square ice-cream cones 10</p>	<ol style="list-style-type: none"> 1. Rinse the fruit and pat dry with a paper towel, or drain the excess juice if canned. 2. Cut all of the fruit into quarters or eighths. 3. Peel the bananas and slice finely. 4. Spoon the fruit into the ice-cream cones. 5. Spoon the yoghurt over the fruit. 6. Serve at once.