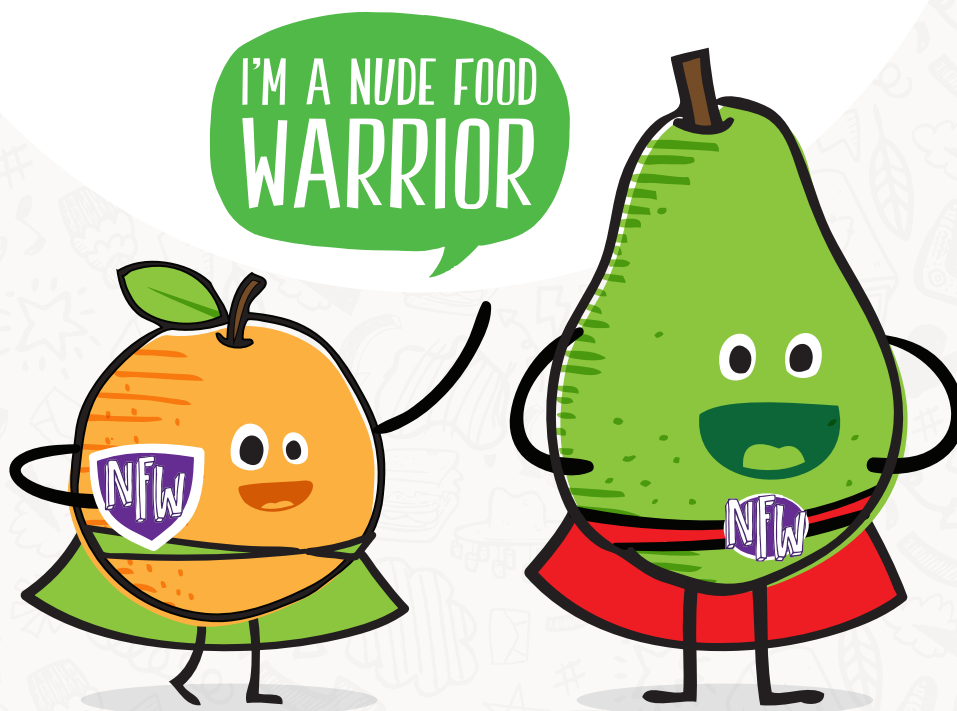




RECIPES

NUDE FOOD = A HEALTHY BODY + HEALTHY PLANET

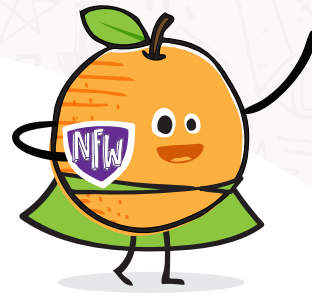


Join the Nude Food
MOVEMENT



Keep Australia
Beautiful





NUDE FOOD RECIPES

A healthy lunch has four components:

1. A main item, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. A fruit or vegetable snack, such as whole fruit, cut up veggie sticks, fruit or savoury kebab or a small salad.
3. A second snack based on a core food, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. And a drink. A bottle of tap water is best, and plain UHT milk is also acceptable.

Nutrition Australia; 2013

Below are some ideas for building your Nude Food lunchbox.

NOTE: It is important to check whether your school has a nut free policy before using peanut butter or other nut related foods in your child's lunches

RECESS AND PLAY LUNCH IDEAS

FRUIT

Fruit can be given to your child in a multitude of ways, including:

- Whole pieces, such as apple, mandarin, kiwi fruit, grapes, berries, nectarine and banana
- Chopped pieces frozen overnight
- Dried fruit, such as a small container of sultanas, dried apple, apricots or raisins
- Tinned fruit in natural juice; decanted into a small reusable container of course
- Fruit Kebabs - combine any of the chopped fruits on a wooden skewer or tooth pick: Banana, Apple, Watermelon, Grapes, Kiwi Fruit, Rockmelon, Peaches, Nectarines, Pears & Mandarin

SAVOURY KEBABS

Combine any of the below foods on a wooden skewer, or tooth pick: Pineapple pieces, Sliced meat: ham, chicken, salami, Cheese cubes, Cherry tomatoes, Basil Leaves

YOGHURT

Natural yoghurt, flavoured yoghurt and greek yoghurt are great options to buy in bulk and decant into smaller containers for snacks. Sprinkle over the top with some chopped fruit, nuts or seeds to add additional health benefits.



HEALTHY CHIP ALTERNATIVES

Pita Crisps

Create pita crisps by cutting pita bread into wedges, sprinkle with reduced-fat cheese and put in moderate oven until crispy (@ 10 mins). Store in an airtight container.

Mountain Crisps

Create mountain crisps by cutting mountain bread into wedges and place in moderate oven until crispy (@ 10 mins). Store in an airtight container.

Carrot Chips

Peel carrot slices (or finely chop into slices), and mix in bowl together with small amount of oil (1 tsp), salt and pepper. Mix gently and lay out onto baking tray. Bake at 180°C for @ 8 mins. Allow to cool and crisp. Will store for up to 5 days.

Beet Crisps

These require a longer cooking time at a lower temperature. Peel whole beetroot and cut into thick slices. Mix in bowl together with small amount of oil (1 tsp), salt and pepper. Mix gently and lay out onto baking tray. Bake at 150°C for @ 50 mins. Allow to cool and crisp. Will store for up to 5 days.

Tortilla Dippers

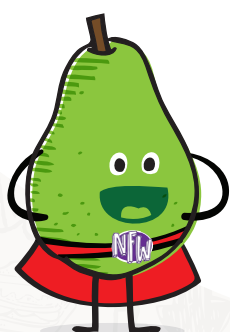
Cut the tortilla in half, and then into three or four wedges. Lightly spray a small pan with oil, and cook on both sides until crisp. When cool, pack into airtight container.

CHIP N DIP & VEGIE STICKS

Serve any of the above homemade chips with a selection of dips or salsa. Alternatively, you can add cut up pieces of celery, cucumber, capsicum, snow peas or carrots for the dippers. Depending on how adventurous your child is, they may enjoy hommus, french onion, tzatziki, tomato salsa, sundried tomato or pesto to go with the vegie sticks and chips.

MINI TREAT

Try decanting a small handful of plain popcorn, mini pretzels or grainy crackers into a small container for a light snack. A small sweet might include homemade muffins, a slice of banana bread or swiss roll slice.



LUNCH IDEAS

SANDWICH COMBINATIONS:

Combine any of the below fillings in mountain bread, pita bread, wholegrain or wholemeal bread, foccacia or bagel.

- Chicken, Lettuce, Avocado and Mayonnaise
- Tinned tuna mixed with finely chopped tomato, avocado and mayonnaise
- Mashed boiled egg with lettuce and mayonnaise. Tip: add some parsley for colour
- Roast beef, chutney and tomato
- Cream cheese and chopped date bagel
- Banana, peanut butter and honey in a mountain bread wrap
- Grated cheese, carrot and avocado sandwich
- Grated apple, grated cheese and chutney roll
- Falafel, rocket and hommus lavash (or tortilla bread)

COOKED LUNCH

(Make the night before or over the weekend prior to Nude Food Day)

Frittatta or Zucchini Slice

- 1 medium zucchini, grated
- 1 small carrot, peeled, grated
- 1 medium red capsicum, finely chopped
- 100g reduced-fat ham, chopped
- 3/4 cup grated reduced-fat tasty cheese
- 1/2 cup self-raising flour
- 1/4 cup vegetable oil
- 4 eggs, lightly beaten
- 6 cherry tomatoes, halved

- Preheat oven to 180°C/160°C fan-forced. Grease a 3.5cm deep, 16.5cm x 26cm (base) slice pan. Line base and sides with baking paper.
- Combine zucchini, carrot, capsicum, ham, cheese and flour in a bowl. Whisk oil and eggs together in a jug. Add egg mixture to vegetable mixture. Stir to combine. Pour mixture into pan.
- Gently press tomatoes, evenly spaced, into top of slice. Bake for 30 minutes or until a skewer inserted in centre comes out clean. Cool in pan for 5 minutes. Lift out onto a wire rack to cool. Cut into 12 pieces.

Source: taste.com.au



Veggie Muffins

1 tablespoon olive oil
1 onion, finely chopped
3 slices bacon, finely chopped
1 large carrot, grated
1 large zucchini, grated
3 eggs
1/4 cup light thickened cream
1 cup (125g) grated parmesan cheese
1 pinch salt and pepper to taste
1/2 cup (60g) self-raising flour

- Preheat an oven to 180°C. Grease a 12 cup mini muffin pan.
- Heat the oil in a large frypan over medium heat. Stir in the onion and bacon. Cook until onion is translucent and bacon is browned, about 5 minutes. Stir in the carrot and zucchini; cook until they begin to soften, about 2 minutes. Transfer mixture to a bowl to cool.
- Beat the eggs, cream and Parmesan cheese together in a large bowl. Season with salt and pepper. Stir egg mixture into cooled zucchini mixture; stir in flour. Spoon the batter evenly into the prepared muffin cups.
- Bake in preheated oven until a toothpick inserted in the centre comes out clean, 15 to 20 minutes.

Source: allrecipes.com.au

Mini Pizza

4 x small pita bread
1/4 cup tomato paste
70g shaved reduced-fat ham, chopped
225g can pineapple pieces, drained
1/2 small red capsicum, chopped
1/2 small green capsicum, chopped
80g button mushrooms, sliced
3/4 cup grated reduced-fat pizza cheese

- Preheat oven to 200°C/180°C fan-forced. Line 2 baking trays with baking paper.
- Place pizza bases on trays. Spread bases with tomato paste. Top with ham, pineapple, capsicum and mushrooms. Sprinkle with grated cheese.
- Bake for 20 minutes, swapping trays halfway through cooking, or until cheese is melted and bases are crisp.

Source: taste.com.au



Salmon Patties

400g orange sweet potato, peeled and diced

415g can pink salmon, drained, bones removed and flaked

3 green onions, finely chopped

2 eggs

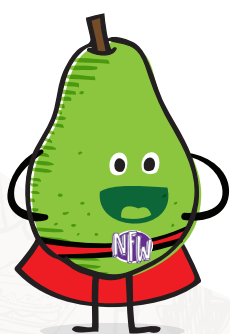
1/2 cup plain flour

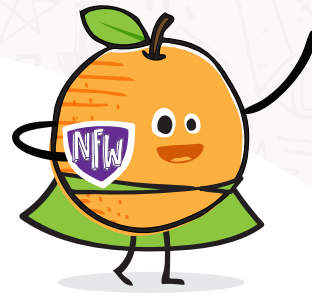
1 cup dried breadcrumbs

1 tablespoon olive oil

- Place sweet potato and 1 tablespoon of cold water in a microwave-safe bowl. Cover and microwave on high (100%) for 7 minutes or until tender. Allow to cool slightly. Mash roughly with a fork.
- Place salmon in a large bowl. Add chilli paste, green onions and mashed sweet potato. Mix well. Divide mixture into 8 portions. Shape each portion into a 2cm-thick patty.
- Beat eggs in a shallow bowl. Place flour and breadcrumbs in separate shallow dishes. Coat patties 1 at a time in flour, shaking off excess. Dip in egg, then coat in breadcrumbs. Place on a plate and refrigerate for 30 minutes, if time permits.
- Make ginger lime mayonnaise: Combine mayonnaise, ginger and 1 tablespoon of lime juice in a small bowl. Heat oil in a large, non-stick frying pan over medium heat. Cook patties for 2 to 3 minutes on each side or until golden. Drain on paper towel.

Source: taste.com.au





Rice Paper Rolls

150g rice vermicelli noodles
300g cooked chicken, chopped
2 medium carrots, peeled & grated
6 chopped spring onions
150g bean sprouts
12 round rice paper sheets
1 teaspoon of each: soy sauce, fresh lime juice, sweet chilli sauce
1 teaspoon of each: finely shredded fresh mint & coriander

Dipping sauce (optional)

1 tablespoon seasoned rice vinegar
1 lime (juiced)
1 tablespoon caster sugar
¼ cup fish sauce
1-2 teaspoons minced chilli

- Combine all dipping sauce ingredients in a separate bowl and set aside. Place noodles in heatproof bowl and cover with boiling water. Set aside for 5 minutes. Drain. Cook chicken in frypan until golden brown.
- Gently mix the noodles, chicken, vegetables, soy sauce, lime juice, sweet chilli sauce, mint and coriander until just combined. Soak a rice paper sheet in a dish of warm water for 10 seconds. Drain on tea towel and transfer to a clean work surface.
- Spoon the noodle mixture down the centre. Fold in sides and roll to enclose filling. Refrigerate overnight.

Rolls will keep in a container for school lunches the next day.

Source: taste.com.au

Savoury Muffins

Olive oil spray

450g wholemeal flour

4 teaspoons baking powder

½ teaspoon black pepper

100g reduced fat feta cheese

50g parmesan cheese

2 eggs

200mL reduced fat milk

2 tablespoons low fat natural yoghurt

50g fresh spinach leaves

150g sun dried tomatoes

- Preheat oven to 215°C. Spray a 12 cup muffin tray with olive oil spray. Sieve the flour, baking powder and pepper into a large bowl. Stir in the feta and parmesan.
- In a separate bowl beat the eggs and the milk. Stir through the yoghurt, spinach and sun-dried tomatoes.
- Combine the wet and dry ingredients and stir until just mixed. Spoon the mixture evenly into the greased muffin pans. Cook for 12-15 minutes, until well risen and golden, and a toothpick or skewer inserted into the middle comes out clean. Place in containers for lunch the following day.

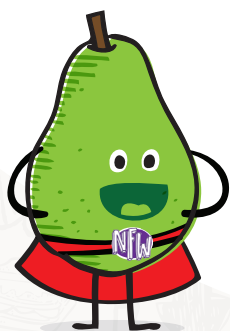
Source: taste.com.au

Pork Mince Rolls

3-4 teaspoons vegetable oil
600g lean pork mince
2 small onions, finely chopped
2 small capsicums, finely chopped
200g mushrooms, finely chopped
750g canned salt reduced crushed tomatoes
3 tablespoons salt reduced tomato paste
2 teaspoons curry powder
Pepper (to taste)
12 long wholegrain bread rolls
2 large handfuls of shredded lettuce

- Pre-heat oven to 200°C. Heat oil in a saucepan or fry pan until hot.
- Add mince, onion and capsicum and fry until brown. Add mushrooms, tomatoes, tomato paste, and curry powder. Cook for a further 5 minutes. Remove from heat and allow to cool. Cut tops off rolls and remove some of the bread inside. Stuff rolls with mince, put tops back on rolls and wrap in foil.
- Bake in a hot oven (180°C) for 15- 20 minutes. Allow to cool in fridge.
- Add lettuce to cold roll and pack into lunchbox.

Source: bestrecipes.com.au





Chilli Con Carne

Olive oil spray

2 brown onions, finely chopped

2 clove of garlic, crushed

2 teaspoon ground cumin

2 teaspoon dried oregano

1 teaspoon ground cloves

2 teaspoon ground cinnamon

2 teaspoon ground chilli (if desired)

1kg lean beef mince

2x 425g cans salt reduced crushed tomatoes

1L water

2x 400g cans red kidney beans, drained and rinsed

4 tablespoons chopped coriander, to serve

Optional: Reduced fat sour cream or reduced fat natural yoghurt, to serve

- Spray a large non-stick frying pan with oil and heat over a medium heat. Add onion and cook, stirring, for about 2 minutes.
- Stir in the garlic, cumin, oregano, cloves and cinnamon and cook for 30 seconds. Chilli should be added at this point also if you desire.
- Add the beef and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince is browned all over.
- Add the diced tomatoes and water and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 10 minutes. Add the kidney beans and simmer for a further 5 minutes.
- Spoon Chilli Con Carne into serving container. Top with a spoon of sour cream and sprinkle with coriander. This may be served on it's own, or with brown rice.

Source: allrecipes.com.au

Salmon and Vegetable Bake

Olive oil spray

6 eggs

100g plain flour

200g zucchini, grated and drained

225g sweet corn kernels, drained

200g carrot, grated

4 tablespoons chives, chopped

100g canned salmon, drained of oil/brine

100g reduced fat cheese, grated

- Preheat oven to 180°C. Lightly spray baking dish with oil.
- Beat eggs and flour together until smooth. Add zucchini, corn, carrot, chives and salmon and combine. Pour ingredients into dish. Cover with grated cheese.
- Bake in oven for 30 – 40 minutes and remove from oven when set.
- Serve with salad and bread roll.

Source: bestrecipes.com.au

Dim Sim Noodle Soup Recipe

300g frozen mini dim sims or wontons

1 litre salt reduced chicken stock

2 spring onions, chopped

1 teaspoon ginger, chopped finely

1 teaspoon fish sauce

Juice of one lime

Pepper or chilli (if desired)

1 bunch bok choy, with stems and leaves, roughly chopped and separated

1 cup bean sprouts, washed

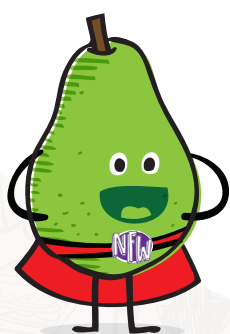
200g egg or rice noodles

Coriander or mint to garnish

- Steam dim sims or wontons as per instructions on the packet.
- Heat stock in a large saucepan. Add onions, ginger, fish sauce and lime juice. If you are wanting to add pepper or chilli, you should do so now.
- Bring to the boil and allow to simmer for 5 minutes. Add stems of bok choy and simmer for a further 3 minutes. Add leaves of bok choy and bean sprouts and cook until soft.
- Add in dim sims/ wontons and pour into thermal flask.

If your child has access to a microwave at school, they may reheat and eat. If your child does not have access to reheat the soup, perhaps bring to the boil in the morning, and pour into a thermos flask. This should be suitably cooled by the time your child is ready to eat it.

Source: bestrecipes.com.au





Banana, Date & Bran loaf

16 Serves

2 cups (500g) self-raising, wholemeal flour

1/2 cup (125g) brown sugar

1 teaspoon (5g) bi-carb soda

1 teaspoon (5g) nutmeg, ground

1/2 cup (125g) pitted dates, chopped

1/2 cup (125g) wheat bran sticks

1 ¼ cups (315mL) skim milk

2 whole (140g) eggs

2 large (200g) bananas, ripe & mashed

- Preheat oven to 180°C. Line a medium loaf tin (24cm x 13.5cm) with baking paper and set aside.
- In a large mixing bowl place wholemeal flour, brown sugar, bi-carb soda & nutmeg. Combine well. Mix through dates & bran sticks.
- Place skim milk, eggs and banana in a food processor & pulse until well combined.
- Pour wet mixture into dry mixture and gently fold through until combined, being careful not to overwork the batter.
- Pour loaf batter into loaf tin. Bake in oven for 50 minutes, or until a skewer placed through the centre of the loaf comes out clean.
- Allow the loaf to cool for 20 minutes before removing from tin & cutting.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Date Scones

16 Serves

Spray oil

30g margarine, softened

¼ cup firmly packed brown sugar

1 egg yolk

2 ½ cups self-raising flour

1/3 cup finely chopped dates

1 ¼ cups buttermilk (310ml)

- Preheat oven to 200°C. Lightly spray a baking tray with oil.
- Beat margarine, sugar and egg yolk with electric mixer until light and fluffy.
- Transfer mixture to a large bowl. Sift in flour and add the dates and buttermilk.
- Use a knife to cut the buttermilk into the mixture to form a soft, sticky dough.
- Turn dough onto a floured surface and knead gently until smooth.
- Press dough out to 20 cm square, using a rolling pin if needed (about 2cm thick).
- Cut dough using scone cutter onto 16 rounds and place on the tray.
- Brush scones with buttermilk before baking for 20 minutes.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Sushi Sandwiches

2 Serves

1 small cucumber

½ avocado

175g can tuna in spring water

1 tablespoon low fat mayonnaise

4 slices of multigrain bread

Reduced fat cream cheese

- Cut cucumber and avocado into long thin strips.
- Drain tuna and break it up with a fork into smaller chunks.
- Add 1 tablespoon of mayonnaise to the tuna and mix through.
- Place bread on a cutting board and cut the crusts off.
- Flatten each piece with a rolling pin. Thinly spread cream cheese over the entire piece of bread.
- Arrange assorted fillings in rows over the bread but leave a 1 cm space on one side.
- Roll the sushi up tightly to keep it together. Cut each sushi roll into 3 pieces.

Other fillings to try:

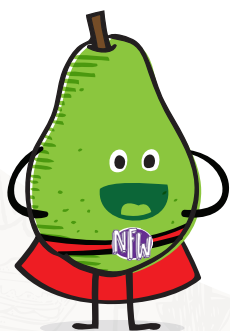
Chicken, avocado and salad

Chicken, Mexican salsa, grated cheese and salad

Egg, lettuce and cream cheese

Ham, tomato, carrot and cream cheese

This recipe was developed by NAQ Nutrition's Food Smart Schools Program





Cheese and Veggie Muffins

12 Serves

2 cups self-raising flour
1 teaspoon sweet paprika
1 cup grated reduced fat tasty cheese
1 cup grated or mashed pumpkin
2 tablespoons spring onion finely chopped
1 cup grated zucchini
2 eggs lightly beaten
30g margarine, softened
½ -1 cup reduced fat milk
Spray oil

- Combine flour, paprika, cheese, pumpkin, spring onion and zucchini in a bowl.
- Add eggs and butter/margarine.
- Add milk slowly. The mixture should be moist but avoid a runny consistency. Stir until just combined.
- Spoon into a muffin tin that has been lightly greased with canola oil spray (mixture should be divided to make 12 muffins).
- Bake at 200°C for 25 to 30 minutes or until a skewer inserted into the centre comes out clean.
- Allow to stand for about 10 mins before serving warm. Alternatively, these muffins can be refrigerated and served cool.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Mini Frittata Bites

12 Serves

Cooking oil spray

20mL (1 tablespoon) olive oil

125g (1) red onion, chopped finely

250g (2) large tomatoes, chopped

560g (8 whole) eggs, at room temperature

1 tablespoon chopped chives

75g reduced fat grated cheese

- Preheat oven to 180°C. Prepare two 12 hole mini muffin pans and line with cooking oil spray.
- Heat olive oil in a frying pan over medium heat. Add onion and tomato and cook, stirring occasionally for 5 minutes and set aside.
- In a bowl, whisk all eggs until well combined. Add the tomato and onion mixture, cheese and chives and beat until combined.
- Spoon mixture into the mini muffin pans and bake for 15 minutes. Once completed, allow to cool for 5 minutes in the pan. Turn onto a wire rack and serve as is.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Choc Beetroot Muffins

12 Serves

1 large beetroot

180g (3/4 cup) self-raising flour, wholemeal

125g (1/2 cup) brown sugar

85g (1/3 cup) dark cocoa powder

125ml (1/2 cup) skim milk

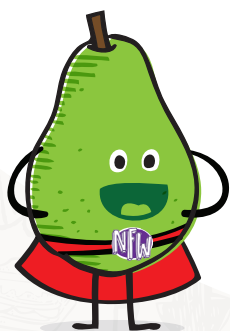
140g (2 whole) eggs

100mL olive oil

5mL (1 teaspoon) vanilla essence

- Preheat oven to 180°C. Line a 12-cup muffin tray with individual patty cases and set aside.
- Wash, peel & dice the beetroot & steam, boil or microwave until soft. Drain & puree in a food processor until smooth & set aside.
- In a large mixing bowl place wholemeal flour, brown sugar & cocoa powder. Stir to combine
- In another bowl, combine skim milk, eggs, olive oil & vanilla essence until well mixed.
- Pour wet ingredients into dry ingredients & add beetroot. Gently combine with a wooden spoon until mix has come together, being careful not to overwork the batter.
- Spoon mixture evenly into patty cases & bake in oven for 15-20 minutes, or until a skewer inserted into the middle of a muffin comes out clean.
- Allow to cool for 5 minutes before serving.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program





Rainbow Pasta Salad

6 Serves

500g pasta spirals (fusilli)

1 carrot

1 zucchini

1 x 200g can corn kernels

1 punnet cherry tomatoes

150g ham

Dressing

Small bunch of fresh herbs

1/3 cup low fat Greek yoghurt

2 tablespoons low fat mayonnaise

1 tablespoon lemon juice

1 tablespoon seeded mustard

- Bring a large saucepan of water to boiling point and add pasta. Stir the pasta a few times and cook according to packet instructions.
- Once pasta is cooked, drain and allow it to cool before adding the dressing and other salad ingredients.
- Meanwhile grate carrot and zucchini in a bowl and add the can of drained corn kernels.
- Chop cherry tomatoes in half and ham into thin strips and add to the vegetables.
- Dressing – Chop the fresh herbs. Add all the dressing ingredients to a small bowl and stir the mixture well. Add a little more lemon juice if the mixture is too thick.
- Add vegetables to the cooked, cooled pasta, and then add dressing just before serving.
- Refrigerate and enjoy for a healthy lunch!

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Noodle, Chicken and Corn slice

8 Serves

200g packet shelf-fresh Singapore noodles

1 tablespoon olive oil

1 small brown onion, finely chopped

2 garlic cloves, finely chopped

200g cooked chicken, shredded

1 small zucchini, grated

1 cup canned corn kernels, drained

1/2 cup reduced-fat grated tasty cheese

1/3 cup self-raising flour

5 eggs, lightly beaten

- Preheat oven to 180°C. Grease a 6cm-deep, 10cm x 21cm loaf pan.
- Line base and sides with baking paper, allowing paper to extend 2cm above edges of pan.
- Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Separate noodles with a fork. Drain. Return to bowl. Using scissors, roughly chop noodles.
- Heat oil in a medium frying pan over medium heat. Add onion and garlic cook, stirring often, 2 minutes
- Add onion mixture, chicken, zucchini, corn, cheese, flour and egg to noodle, season. Mix until well combined.
- Pour into prepared pan. Bake for 50 to 55 minutes or until golden and firm. Cool in pan for 15 minutes.
- Transfer loaf to a chopping board. Slice.

This recipe was developed by NAQ Nutrition's Food Smart Schools Program



Magic Mince

5 Serves

Spray oil

1 onion, diced

500g lean beef mince

1 carrot, peeled and finely diced

1 zucchini, grated

150g green beans, ends removed and cut into small pieces

1 cup frozen peas or peas & corn

1 wedge of cabbage, finely sliced

400g tinned tomatoes

1 tablespoon dried mixed herbs

- Spray frying pan, add onion and cook until soft.
- Add mince, cook until browned.
- Add vegetables, tinned tomato and dried herbs and cook until soft.
- Serve warm as a bread roll filling or topping for a jacket potato. Or serve cold with rice.

Ideas for using Magic Mince

Serve warm in a breadroll/wrap

Topping for jacket potato with a sprinkle of cheese

Replace tinned tomatoes with Mexican salsa sauce and red kidney beans for a Mexican mince

This recipe was developed by NAQ Nutrition's Food Smart Schools Program

