

Spring has Sprung

Spring is here, which means there is a wide variety of fruits and vegetables coming into season. Most fruits and vegetables are available throughout the year however purchasing seasonal fruits and vegetables is cheaper. This is because they are more abundant and locally grown. So, remember to buy seasonal fruit and vegetables and shop around to get the specials as prices do vary.

What's in season?

Fruits: Oranges, Tangelos, Kiwifruit, Melons and even Berries

Vegetables: Carrot, broccoli, cauliflower, spinach, silver beet, asparagus, lettuce, radish, broad beans and avocado

Start experimenting with spring meals, below is two ideas to get you started.

Nutritious and satisfying after school snack: Tuna melt with spinach and spring onions (Serves 4)

Ingredients

4 slices of grainy bread

185g of canned tuna (any flavour)

2 tablespoons chutney or sweet chilli sauce or tomato sauce

1 ½ cup of grated Edam cheese

1 spring onion

1 bunch of baby spinach or 5 leaves of young silver beet

Instructions

1. Preheat grill to a high heat
2. Toast bread until just cooked
3. Spread chutney or sauce and scatter spinach over toast. Top with tuna then cheese
4. Put melts under the grill until the cheese is bubbly
5. Top with spring onions

An easy spring dinner the children can help to prepare: Spinach pasta bake (Serves 4)

Ingredients

3 cups cooked large pasta shapes

1 ½ tomato pasta sauce

2 cups of spinach leaves or coarsely chopped silver beet

2 cups of chopped vegetables e.g. spring onion, capsicum, carrots, broccoli

¾ cup grated mozzarella cheese (or Edam cheese)

¼ cup grated parmesan cheese (optional)

Instructions

1. Boil pasta in boiling water until soft (*al dente*)
2. Layer half of the pasta, tomato sauce, spinach, vegetables and mozzarella cheese. Repeat layers to use remaining ingredients
3. Sprinkle the top with parmesan
4. Bake on 180°C for 20 minutes until browned

Healthy Nibbles

Nutrition Updates for Primary Schools

Date: September 2009

Code/Reference: NUT0007AZ

Authorised by: Nutrition and Physical Activity Team

For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha