Eat a Rainbow recipes – green

Basil Pesto
Makes two cups.

Ingredients:
- ¼ cup pine nuts
- 1-2 cloves garlic, peeled and chopped
- 2 cups basil leaves, washed
- 1½ cups grated parmesan
- 1 cup olive oil
- salt to taste

Equipment:
- food processor
- garlic crusher
- rubber spatula
- grater
- fry pan
- wooden spoon
- cutlery knife and chopping board
- measuring cups
- bowls

Method:
Always have an adult to help you when using electrical kitchen appliances!

1. With an adult to help, toast the pine nuts until golden in a frying pan over gentle heat. Stir frequently with a wooden spoon to prevent from burning. Set aside to cool.
2. Crush peeled garlic and place in bowl of food processor with basil, pine nuts, parmesan and a pinch of salt. Mix to a smooth consistency.
3. With the motor running, pour in the olive oil in a steady stream and process until the mixture is smooth. Taste and add more salt if necessary. Add a little more oil if a thinner consistency is required.
4. Using the rubber spatula scrape into screw-top jars. Store in the fridge for up to three days.

Tips:
- Pesto is great to have on hand and can be used in lots of ways to make things taste great! Try it as a dip with raw vegetables, stirred through pasta, on pizza or in sandwiches and roll ups. Try it on your favourite barbecued meat or roast chicken!
- Pesto freezes well in small batches or ice-block containers.

Recipe courtesy Adelaide Showgrounds Farmers Market

Green smoothie
Serves four.

Ingredients:
- 1 pear
- 1 apple
- 1 banana
- 2 leaves of kale or other green-leaf vegetable
- 1 cup water

Equipment:
- Vegetable peeler
- Cutting board
- Knife
- Colander
- Electric blender
- Glasses for serving

Method:
Always have an adult to help you when using electrical kitchen appliances!

1. Remove skin from banana.
2. For a super smooth smoothie, peel the apple and pear.
3. Remove the core and pips from fruit.
4. Wash leafy greens thoroughly in sink of cold water. Lift out and place in colander to drain.
5. Shake off water and place in blender.
6. Add the rest of the fruit to the blender with one cup of water.
7. Blend for approximately one minute until smooth.
8. Add more water if necessary to make to your favourite consistency.
9. Pour into glasses to serve.

Tips:
- Try peeling and freezing the banana to make your smoothie icy cold and refreshing.
- You can vary the recipe according to your own taste. If you like it a little sweeter, add more fruit.

Recipe by Matt Quinn, SA Composters.
Courtesy Adelaide Showgrounds Farmers Market
Guacamole with crispy tortilla dippers

serves 4

Ingredients:
For dip:
2 large ripe avocados
2 ripe tomatoes
¼ bunch chives
½ bunch coriander
salt to taste
For tortilla dippers:
2 whole wheat tortillas
olive oil

Equipment:
chopping board
chopping knife
pastry brush
baking tray
rubber scraper
kitchen scissors
oven mitts
bowls

Method:
To make guacamole

1. Chop the chives and coriander into small pieces with a pair of scissors. Set aside.
2. Cut the tomatoes in half and remove seeds with a teaspoon.
3. Chop the tomatoes into small pieces. Set aside.
4. Ask an adult to cut the avocados in half with a sharp knife.
5. Remove the stone with a spoon and scrape the flesh into a medium sized bowl.
6. Roughly mash the avocado with the potato masher and keep it slightly chunky.
7. Add the chives, coriander, tomato and a little salt to your taste.
8. Pile into a nice bowl and serve with the crispy pita dippers.

To make tortilla dippers

1. Preheat oven to 170°C.
2. Line a baking tray with baking paper.
3. Brush the two tortilla discs with a little olive oil on both sides.
4. Place on baking trays and bake 5 minutes on one side. Flip over and bake a further 5 minutes or until golden and crisp.
5. Carefully remove from oven using oven mitts and allow to cool.
6. Using your hands break into crazy shapes for dipping.

Recipe courtesy Adelaide Showgrounds Farmers Market

Minty cucumber yoghurt dip (raita)

Ingredients:
Lebanese cucumber
½ cup yoghurt
2 Tbsp mint leaves
½ clove garlic, crushed
Pinch salt

Equipment:
Chopping board
Knife
Grater
Garlic press
Small bowl
Spoon or fork for mixing

Method:

1. Cut a Lebanese cucumber in half lengthways, scoop out the seeds and discard. Coarsely grate into a bowl.
2. Chop mint leaves finely.
3. Add cucumber and mint leaves to yoghurt with a pinch of salt and ½ a clove of crushed garlic. Stir to mix.

Variations:
Add chopped chives or a pinch of cumin or paprika.

Courtesy Adelaide Showgrounds Farmers Market
Mini zucchini frittatas
Makes 12 mini frittatas

Ingredients:
3 eggs
½ zucchini
½ cup reduced fat grated cheese
½ cup reduced fat milk

Equipment:
grater
chopping board
whisk
rubber scraper
oven mitts
large mixing bowl
non-stick muffin tray

Method:
1. Preheat oven to 190 degrees.
2. Crack eggs into large bowl, add cheese and milk. Whisk well.
3. Grate zucchini, add to bowl, then stir.
4. Add spoonfuls of mixture into non-stick mini-muffin tray.
5. Cook for 8 to 15 minutes or until cooked through.

Variation:
Add grated carrot, or some chopped lean ham and chives for extra flavour.