



Eat a Rainbow recipes – white and brown

Cauliflower and parmesan soup

Makes two main course or four side servings.

Ingredients:

- ½ Tbsp margarine
- 1 small onion, peeled and chopped
- 2 garlic gloves, sliced
- ½ tsp dried oregano
- 1 ½ Tbsp fresh parsley, chopped
- ½ small head cauliflower, chopped
- 2 cups chicken or vegetable broth
- ½ cup grated parmesan cheese (optional)
- 1 cup low fat milk
- Pepper to taste

Equipment:

- chopping board
- chopping knife
- measuring cups and spoons
- saucepan
- stovetop/ hotplate
- blender or stab blender

Method:

Always have an adult supervise cooking on the stove

1. Melt the margarine in a large saucepan over medium-heat.
2. Add the onion, garlic and oregano and sauté for 5 minutes.
3. Add the parsley and cauliflower and cook for 10 minutes.
4. Pour in the broth and let simmer for 20 minutes.
5. Reduce the heat and add the cheese and milk. Cook while stirring for 5 minutes.
6. Taste for seasoning and add salt and pepper as needed.
7. Use a blender or stab blender to process until smooth.

Serve with crusty bread.



Recipe by Rachel McFarlane, SA Community Foodies (adapted from a Jamie Oliver recipe).

Potato cakes

Makes eight.

Ingredients:

- 2 medium potatoes
- ½ cup plain flour
- ½ cup Romano-style cheese
- pinch salt
- pepper
- knob of light butter blend or margarine
- extra flour for rolling out
- olive oil for frying

Equipment:

- chopping board
- chopping knife
- grater
- measuring cups
- spatula
- mixing bowl
- saucepan
- sieve
- potato masher
- potato peeler
- rolling pin
- frypan



Method:

Always have an adult supervise cooking in a hot frypan

1. Peel and dice potatoes. Boil until soft for mashing.
2. Grate the cheese.
3. Add salt, pepper, butter, cheese and flour to the drained potatoes.
4. Mash the combination until smooth and leave to cool.
5. Gather mixture into a big ball. Sprinkle extra flour on the table and with the rolling pin, roll out the mixture to about 2cm thick.
6. Cut into 8 squares.
7. Add oil to hot frypan. Cook potato cakes on one side until brown. Turn over and cook the other side until brown.

Recipe by Zannie Flanagan, CEO ASFM
Courtesy Adelaide Showgrounds Farmers Market



Mushroom dip

Ingredients

300g button mushrooms
200g cream cheese
1 large clove garlic
1 Tbsp olive oil
Whole nutmeg (for grating) or pinch of ground nutmeg
Salt and black pepper to taste
Vegetable sticks or crackers for serving with the dip.

Equipment:

Chopping board
Chopping knife
Garlic crusher
Non-stick frypan
Hotplate
Food processor
Spatula
Small serving bowl

Method:

Always have an adult supervise cooking in a hot frypan.

1. Cut mushrooms in half (leave one aside for decorating the dip).
2. Peel and crush the garlic.
3. Lightly cook the mushrooms in the oil until just soft.
4. Drain any excess fluid away from the mushrooms.
5. Put the mushrooms, garlic, cream cheese, grated nutmeg in the processor and blend until smooth. Add salt and pepper to taste.
6. Scoop into the small serving bowl and decorate with a sliced mushroom.

Serve with crackers or dipping vegetable such as carrot sticks, celery sticks, snow peas, or cucumber rings.



Recipe by Mel Reid, Dietitian