



Eat a Rainbow recipes – rainbow colours

Edible rainbow kebabs

Buy a fruit and/or vegetable for each different colour of the rainbow. Children can help peel, core and chop the fruit and vegetables into edible pieces. Then they can thread the pieces onto kebab sticks or pop sticks to make an edible rainbow.

Ingredients:

You can use whatever fruits and vegetables you like. If possible, include a few unusual ones that children may not have tried before. Here are some examples....

Colours	VEGIE RAINBOW	FRUITY RAINBOW
Red/pink	- Cherry tomato	- Strawberry
Yellow	- Yellow capsicum	- Pineapple
Orange	- Carrot	- Rockmelon
Green	- Avocado	- Kiwi fruit
Blue/purple	- Red cabbage	- Purple grapes
Brown/White	- Mushrooms	- Brown pear

Equipment:

pop sticks or thick kebab sticks
chopping knife
chopping board
vegetable peeler if required

Method:

1. Cut up the fruit or vegetables into small pieces.
2. Thread each colour of fruit or vegetables onto the pop stick to make a rainbow.

Ratatouille

Ratatouille is a southern French dish made from eggplant, zucchini, onions, capsicums, tomatoes, and garlic.

It can be eaten hot or cold with meats, eggs or just spread onto fresh bread. Serve ratatouille as a topping on pasta, or as a filling for omelettes or jacket potatoes.

Ingredients:

- 1 large onion, finely chopped
- 1 tablespoon olive oil
- 1 medium-large zucchini, diced
- 1 medium eggplant, diced
- 1 medium green capsicum, seeded and diced
- 1 medium red capsicum, seeded and diced
- 2 ripe tomatoes, chopped
- 2 cloves garlic, chopped
- 425g can crushed tomatoes
- 2 tablespoons basil, chopped

Equipment:

Chopping board
Chopping knife
Garlic press
Wooden spoon for stirring
Heavy based frypan or electric frypan
Hotplate (unless using electric frypan)

Method:

1. Chop, slice or dice onion, zucchini, eggplant, capsicum and tomatoes
2. In a large saucepan, sauté onion in oil until soft.
- 3 Add zucchini, eggplant, capsicum, tomato and garlic. Cover and cook gently for 10 minutes.
4. Add crushed tomatoes and cook for 15-20 minutes or until vegetables are tender.
5. Top with parsley.





Three veg chocolate cake

Ingredients:

125 g unsalted butter
½ cup brown sugar
1 egg
½ cup cold cooked mashed pumpkin (easier to this step day before)
½ cup cold cooked mashed sweet potato (easier to this step day before)
1 medium grated zucchini
1 tablespoon golden syrup
3 teaspoons finely grated orange rind
1/3 cup orange juice
1½ cups self raising flour
1 teaspoon bicarb soda
2 tablespoons cocoa powder
chopped walnuts to decorate (optional)

Chocolate frosting:

125 g reduced fat cream cheese
1 cup icing sugar mixture
2 tablespoons cocoa powder)

Equipment:

23cm round cake pan
baking paper for lining
mixing bowl
fork or electric beater for mixing
spoon and rubber scraper
measuring spoons and cups

Method:

1. Grease cake pan, and line base and sides.
2. Beat butter and sugar in electric mixer until light and creamy.
3. Beat in egg, pumpkin, potato, zucchini, syrup, rind and juice. Transfer to large bowl.
4. Add combined sifted flour, soda and cocoa. Stir. Spoon into pan.
5. Cook in a moderate oven (180 degrees) for about 45 minutes. Stand for 5 minutes, then cool on a wire rack.
6. To make frosting, beat cream cheese in electric mixer until light and fluffy. Add icing sugar, half a cup at a time. Beat on a low speed until combined. Add cocoa. Beat until smooth.
7. Spread frosting over cold cake. Decorate with chopped nuts.

Recipe courtesy Csilla Bereczki of the Rainbow Sisters

Veggie muffins

Makes 12

Ingredients:

½ cup wholemeal SR Flour
½ cup SR flour
1 teaspoon baking powder
2 eggs
1 Tablespoon canola oil
½ cup low fat milk
1 small onion, diced finely
½ red capsicum, diced finely
1 small zucchini or carrot, grated
½ cup corn kernels, drained
2 Tablespoons chopped chives (optional)
Pepper to taste
½ cup grated low-fat cheese

Equipment:

Chopping board
Chopping knife
Grater
Sifter
Spoon and cup measures
Mixing bowls x 2
Muffin tray
Oven

Method:

1. Pre-heat oven to 180 degrees.
2. Lightly grease a 12 hole medium sized muffin tray with cooking spray.
3. Sift flours and baking powder into a bowl
4. Combine eggs, oil and milk in a separate bowl.
5. Stir milk mixture through the flour mixture very gently, then add the onion, capsicum, zucchini, corn, chives and cheese until just mixed – don't over mix as they will become tough.
6. Season with pepper.
7. Spoon mixture into prepared pans, filling until three quarters full.
8. Bake in oven for 25 minutes until golden brown.

Recipe courtesy HELP for Families program



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Rainbow wrap

There's a huge variety of breads available to make your favourite wrap including Lebanese pocket bread, mountain bread and tortillas. Some are even made from corn or rice so they're gluten free.

Ingredients:

Bread of your choice

Soft spread such as:

- hommus
- mashed avocado
- soft cheese
- pesto
- mayonnaise

Protein topping such as:

- chicken
- ham
- canned tuna
- cooked egg
- sliced cheese

Green leaves such as:

- asian greens
- baby spinach
- lettuce
- beetroot leaves (nice when small and tender)

Vegie fillings such as:

- strips of yellow or red capsicums
- grated carrot (orange or purple)
- cucumber sliced into ribbons with a vegetable peeler
- cress or alfalfa sprouts
- semi-dried tomatoes

Equipment:

chopping board
knife for spreading
knife for chopping
vegetable peeler
grater
greaseproof paper

Method:

- 1 Prepare salad fillings by chopping, peeling etc
2. Cover your bread with your favourite soft spread. It will help make your filling soft and moist.
- 3 Add a protein topping.
- 4 Then top with salad of your choice.
- 5 Roll up your wrap firmly.
- 6 Slice it in half and eat, or wrap each one in a large rectangle of greaseproof paper to keep fresh for later



Recipe adapted from Kate Sparrow, Kids' Club Coordinator
Courtesy Adelaide Showgrounds Farmers Market