



Sandy Lane Nursery and Forest School

"Nurturing curiosity and inspiring imagination"



RECIPES

Cooking / Baking is such an important and enjoyable part of Nursery life.

Each room cooks recipes but we love to get together to share the experience too.

The children explore healthy recipes and even use ingredients from the nursery garden to make delicious soups, purees and salads.

The children explore the ingredients, we look, smell, taste and touch. The children use their literacy skills reading recipes and how to cook the dishes. They use their maths skills looking at numbers as they measure out ingredients.

The best part of cooking, of course, is the tasting and the children love to take what they have baked or cooked home to share with their family.

The recipes listed are some of the dishes the children have made in nursery during the year. These recipes have been shared by school staff and parents

We hope you like them and you enjoy cooking and baking with your child.

Useful websites:

Change 4 life

www.nhs.uk Better Health healthier families

Fabulous Fruit Salad

Ingredients

1 orange
seedless grapes
1 can pineapple pieces
glace cherries
eating apple
banana
orange juice



Method

Peel and segment the orange over a bowl. Cut into pieces and place in a large bowl (adding the juice that has collected in the dish as well). Halve the grapes and add to the orange. Add the pineapple pieces and their juice. Halve the glace cherries and add.

Peel the apple, if you wish, and core it and cut into bite sized pieces. Add to the bowl. Stir, and leave to rest, covered, for about half an hour so that the flavours combine.

Just before serving, peel and chop the banana into small pieces, and mix with the rest of the fruit and orange juice.

Fruit salads are so versatile and you can introduce all the different fruits your child might like such as mango, kiwi etc.

Hidden Vegetable Sauce

Ingredients

2 teaspoons olive oil

1 ½ cups chopped vegetables (you can use any vegetables you would like as long as they are chopped small, (such as zucchini, carrot, bell pepper, onion, spinach, etc.)

2 cloves garlic (minced)

15 ounce can tomato sauce

1 teaspoon Italian seasoning

1 teaspoon dried basil

1/8 teaspoon salt



Method

Heat the olive oil in a medium saucepan over a medium low heat. Add the chopped vegetables and cook, stirring often, for 5 minutes or until softened.

Add the garlic and cook, stirring for 30 seconds.

Add the tomato sauce, Italian seasoning, dried basil and salt. Bring to a boil, cover, and turn the heat down to a low simmer. Simmer for 5 minutes.

Let cool slightly and then transfer to a blender to puree until smooth. (Or use a hand blender or potato masher to puree in the pot).

Use sauce on homemade pizzas or as a dip for grilled cheese sandwiches, pizza bites, etc.

Pear Crisps

Ingredients

2 firm pears
½ teaspoon mixed spice

Method



Heat oven to Gas 1, 140C, Fan 120C. Thinly slice the pears into rounds from the base, picking out any pips. Arrange the slices on a baking tray lined with non-stick baking paper and sprinkle over the mixed spice and use a pastry brush to evenly distribute the spice.

Bake for 40 minutes. Leave to cool and crisp – the pears won't feel crisp until cooled. Store in a sealed food bag and eat within a couple of days.

Try using the same method with apples or leave out the spice and try sweet potato or beetroot.

Banana and Pear Ice Lollies

Ingredients

Ripe bananas
Ripe pears
Yoghurt / dairy free alternative
Small spoon of honey (optional)



Method

Peel the bananas and pears and chop both roughly.

Use a blender or mash the fruits together until they're smooth.

Add a few spoons of natural yoghurt and honey (if preferred).

Remix and pour into ice-lolly moulds or an ice-cube tray – adding sticks.

Freeze for a minimum of 3 hours until firm.

These can be enjoyed as soon as they are set. You may like to try adding different fruits such as strawberries, peaches, melon or raspberries

Cheesy Quesadilla with Rainbow Salad

Ingredients

1 large white tortilla / gluten free alternative
30g lighter Cheddar, grated
1 small spring onion chopped

For the Rainbow Salad

50g three bean salad, drained
20g yellow pepper, chopped
20g cherry tomatoes, chopped
1 carrot, chopped



Method

Cut the tortilla in half. Top one half with the grated lighter cheddar and the chopped spring onion. Cover with the remaining half of the tortilla.

Heat the tortilla for 1 min each side in a non-stick frying pan until lightly browned.

Remove, let cool and cut into 4 wedges.

For the salad. Mix the drained three bean salad with the chopped yellow pepper, cherry tomatoes and carrot.

Cucumber Yoghurt Dip

Ingredients

¼ cucumber
1/3 cup or 80ml plain yoghurt (or a dairy free alternative)
½ teaspoon lemon juice
Small bunch fresh herbs such as mint, chives or basil (optional)



Method

Grate the cucumber with a rotary grater or box grater (a grown up should supervise this).

Add to a bowl with the yoghurt and lemon juice.

Add any herbs if you like, chopped with scissors.

Stir well and then taste – add more lemon or seasoning as needed.

Vegetable Pasta

Ingredients

Dry pasta / gluten free pasta

Oil / frylight

Tinned chopped tomatoes

Vegetable stock cube

Mushrooms

Peppers

Onion

Garlic

Mixed herbs



Method

Fry onion and garlic off, cook until aromatic.

Add pepper and mushrooms and fry off for a few minutes.

Add tinned tomatoes and mixed herbs.

Bring to the boil and simmer for 5-10 minutes until liquid has reduced.

Add dry pasta.

Pour in vegetable stock (stock cube and boiling water).

Stir and cover with lid. Simmer until pasta is cooked and most liquid has evaporated – stirring throughout.

Once cooked, serve with favourite vegetables / garlic bread and a sprinkle of cheese.

Our Favourite Fairy Cup Cake Recipe

Ingredients

115g (4oz) self-raising flour or gluten free flour
115g (4oz) butter or margarine / dairy free alternative
115g (4oz) caster sugar
2 eggs
2 tablespoons milk / dairy free alternative
1 teaspoon vanilla essence



Method

Preheat the oven to 190C / 375F / Gas 5

Sift the flour into a bowl.

Cream the butter or margarine and sugar together in another bowl, then beat in the eggs. Add the flour a little at a time mixing well.

Add sufficient milk to make a soft dropping consistency, and the vanilla essence.

At this stage the children like to add some chocolate chips or chopped up fruit such as strawberries / raspberries or diced apple.

Spoon the mixture into paper cases, filling each about two thirds full. Bake in the preheated oven for 15-20 minutes.

Leave to cool.

Edible Dog Biscuit Treats

Ingredients

2 ½ cups of wholewheat or all purpose flour
1 egg
1 cup peanut butter
1 cup water
2 tablespoons honey

Frosting (optional)

1/3 cup cornflour
2 tablespoons peanut butter
1 tablespoon honey
3-4 tablespoons hot water



Method

Preheat oven to 350F.

In a large bowl combine flour and the egg. Add peanut butter, water, honey and stir until you have a stiff dough (you may need to use your hands to bring it together).

On a lightly floured surface roll out the dough about ½ thick and use a cookie cutter to make fun shapes. Bake for 18-20 minutes until golden.

Once done set aside to cool.

If using the frosting mix all the ingredients together.
Place into a piping bag and drizzle over the biscuits.

Pea & Mint Soup Recipe

Ingredients

1 bunch spring onions, trimmed and roughly chopped
1 medium potato, peeled and diced
1 garlic clove, crushed
850ml vegetable or chicken stock
900g young pea in the pod (to give about 250g/9oz shelled peas) or frozen peas
4tbsp chopped fresh mint
large pinch caster sugar
1tbsp fresh lemon or lime juice



Method

Put the spring onions into a large pan with the potato, garlic and stock. Bring to the boil, turn down the heat and simmer for 15 minutes or until the potato is very soft. For the garnish, blanch 3tbsp of the shelled peas in boiling water for 2-3 minutes, drain, put in a bowl of cold water and set aside(optional) Add the remaining peas to the soup base and simmer for 5 minutes – no longer, or you will lose the lovely fresh flavour of the peas.

Stir in the mint, sugar and lemon or lime juice, cool slightly then pour into a food processor or liquidiser / stick blender and whizz until as smooth as you like.

To serve the soup cold, cool quickly, then chill – you may need to add more stock to the soup before serving as it will thicken as it cools. To serve hot, return the soup to the rinsed-out pan and reheat without boiling.

Serve the soup in bowls, garnished with the blanched peas or sprigs of mint.

Banana Split Smoothie



You will need:

- 2 medium bananas, peeled and quartered
- 1 can (8 ounces) unsweetened crushed pineapple
- 1 cup vanilla yogurt
- 1 cup crushed ice
- 1/2 cup orange juice

What to do:

If you have a blender, add all the ingredients and blend together until smooth. If not you can simply mash all the ingredients together and enjoy as soon as they are blended.

Serve and enjoy

Serving:

For a snack serve with fruit crisps (from a previous recipe)

If you try this recipe please send us a Tapestry photo. If you have any family favourite healthy recipes please share these with us on Tapestry too. We may share yours next week :)

Catalina's Tomato and Cream Cheese Pasta



You will need:

Onion, carrots, courgette, celery, mushrooms,

1 tin of chopped tomatoes

A splash of apple juice

Pasta shells

Cream cheese and a sprinkle of parmesan or cheddar cheese

2-3 garlic cloves, oil, salt and pepper to taste

What to do:

Peel and chop the onion, carrots, courgette and celery, add a splash of oil to the pan and fry the vegetables until they are soft (around 5 minutes)

Add the mushrooms and garlic and cook for a further 2-3 minutes. Add the tin of chopped tomatoes and a splash of apple juice. Simmer for a further 10 minutes

Whilst this is cooking, cook the pasta according to the packet instructions

Mash or blend the vegetable mix until it is smooth (use a hand blender or electric mixer if you have one)

Drain the pasta

Stir in the cream cheese and pasta to the vegetable mix

Serving:

Place the mixture into bowls and let the family add a sprinkle of cheese

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Green cheese and turkey roll ups



You will need:

- 75g frozen peas
- 50g baby spinach
- 5g fresh basil
- 75g 50% less fat soft cheese
- 100g turkey slices
- $\frac{1}{4}$ cucumber, peeled into ribbons
- 2 wholemeal tortilla wraps

What to do:

Cook the peas in boiling water for 3 mins, then drain and rinse under cold water. Blitz with the spinach, basil and 1 tbsp soft cheese until well combined and semi-smooth. Transfer to a bowl and stir in the remaining cheese; season.

Spread the green cheese onto the wraps, then evenly lay the turkey and cucumber across the wraps.

Tightly roll up the wraps, then cut each one into thick pieces.

Serving:

A quick and easy idea for a lunchbox or picnic

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Jo's Surprise Muffins



You will need:

4 eggs

Dash of milk

Any filling you like e.g. ham, cheese, pepper, mushroom, onion, spinach

A little oil to grease the tray

A cup cake or muffin tray

Grated cheese to top (optional)

What to do:

Crack the eggs into a bowl and add the dash of milk and mix until blended together

Cut up your chosen fillings into small pieces

Add the filling to the egg mixture and stir

Grease the cupcake/muffin tray with the oil and pour in the mixture

Sprinkle on the grated cheese and cook in the oven at 180 degrees for 10-15 minutes

Cool slightly before serving

Serving:

Perfect as a special breakfast or a tasty lunch

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Matei's Creamy Vegetable Soup



You will need:

A selection of vegetables - any you like (carrots, peppers, potatoes, leeks, onion, parsnips etc)



3 or 4 cloves of garlic

Water

Oil, salt and pepper

Left over bread (for the croutons)

Herbs -fresh or dried are optional

What to do:



Peel and chop the vegetables adding them to an oven proof tray

Sprinkle the vegetables with oil and toss in the tray to make sure they are all coated, add the garlic cloves and a touch of salt and pepper. If you choose to add herbs put these in now with the vegetables

Cook in the oven until the vegetables are soft and roasted

Mash the vegetables in the tray before putting in a pan and adding water

Cook on the hob for 10-20 minutes, stirring and mashing until the vegetables are combined (if you have an electric mixer you could use this)

For the croutons—cut the bread into small chunky, sprinkle with a little oil and bake in the oven (you could do this at the same time as you're roasting the vegetables but the croutons should only take 5-10 minutes)

Serving:

Spoon your delicious soup into bowls and add the croutons. For a more hearty meal you could try cooking and adding some pasta too.

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Ice cream in a bag



You will need:

- 1 cup low-fat flavoured yoghurt
- 4 trays ice cubes
- $\frac{1}{4}$ cup salt (this isn't going to be eaten)
- A sealable plastic sandwich bag
- A carrier bag

What to do:

Pour yoghurt into a sandwich-sized sealable bag and seal well.

Take a plastic shopping bag without any holes in it and pour ice cubes in.

Smash the bag a few times with a rolling pin or tin can to make ice cubes smaller and add salt. Place sealed yoghurt bag in the middle of bag with ice cubes.

Tie up ice-cube bag so that it seals. Shake lightly for about 10 minutes (this is something your child could help with). Check to see if the mixture in the sealed bag is thick and if not, shake longer.

Take the sealed bag out and rinse under cold water to wash off the salty slush.

Open and enjoy

Serving:

Mash up some soft fruit, strawberries, raspberries or blueberries, as a topping of to mix through the ice-cream. You could also use plain yoghurt and stir through some honey

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Tuna Muffin Melts



You will need:

1 can of drained tuna

Chopped spring onions

2 spoons of greek yoghurt

2 spoons of ketchup

A squeeze of lemon juice

2 muffins split in half

Cheddar cheese

What to do:

Put the tuna, spring onions, yoghurt, lemon juice and ketchup in a bowl and mix

Toast the muffins and spread the mixture onto the cut sides

Sprinkle on the cheese and toast again for a couple of minutes until the cheese has melted

Cool slightly before serving

Serving:

Cut each muffin in half and serve with some crunchy vegetables for a tasty lunch

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Hidden Vegetable Meatballs



You will need:

1½ tbsp olive oil

1 medium carrot, peeled and grated

1 medium courgette, trimmed and grated (or 1 small parsnip, trimmed, peeled and grated)

250g mushrooms, finely chopped

1 large onion, finely chopped

2 x 400g tins chopped tomatoes

250g turkey breast mince

500g sweet potatoes, peeled and cubed

500g Maris Piper potatoes, peeled and cubed

What to do:

Heat 1/2 tbsp oil in a large frying pan. Add the carrot, courgette and mushrooms and fry over a medium-high heat for 3-5 minutes. Tip into a large bowl and set to one side.

Meanwhile heat 1/2 tbsp oil in a saucepan. Add the onion and cook for 5 minutes, until soft. Add the tomatoes and cook for 20 minutes; stir occasionally.

Meanwhile, mix the turkey mince with the veg and shape into 16 balls. Heat the remaining oil in the frying pan, add the meatballs and cook, turning frequently, for 12-15 minutes, until cooked through.

Boil the Maris Piper potatoes for 5 minutes, add the sweet potatoes, boil for a further 10 minutes, or until both are tender, then drain and mash.

Stir the meatballs through the sauce and simmer for 1 minute. Serve with the mashed potato.

Serving:

For even more veggie goodness, defrost a couple of frozen spinach portions into the hot mash. .

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Breakfast fit for The Three Bears



You will need:

200g high-fibre porridge oats

1 litre 1%-fat milk

80ml cold water

4 tablespoons low-fat natural yoghurt

1 apple, cored and thinly sliced

40g frozen raspberries, thawed (fresh are also fine)

What to do:

Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3 to 4 minutes, still stirring.

Information:

If anyone can't have dairy, make the porridge with water, or an alternative milk like soy or oat.

Allow to cool a little before serving

Serving:

Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

Try topping with ready-prepared mango and fresh pineapple - available in most supermarkets. You could also use canned fruit, packed in natural juice.

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