

Snack Recipes

Tomato Cups with Tuna

Ingredients:

Tomato	12 medium
Celery, cubed	$\frac{1}{2}$ cup
Sweet corn	$\frac{1}{2}$ cup
Canned tuna in spring water	2 cans
Raisins	4 tablespoons
Plain low-fat yoghurt	$\frac{1}{2}$ cup
Honey	Small amount

(Remark: 1 cup = 240ml)

Seasoning:

Salt	Small amount
Ground pepper	Small amount

Method:

1. Drain tuna fish.
2. Wash and dice celery.
3. Add honey into yoghurt as salad dressing.
4. Wash tomatoes. Make into cups by cutting off topping sides and scooping seeds out.
5. Mix tuna fish, celery, sweet corn and raisins with salad dressing and seasoning. Set aside.
6. Put mixture into tomato cups and refrigerate before serving.

(Serves 12 persons)



- The fat content of tuna fish in spring water is only one-third of that of tuna fish canned in oil.
- Using yoghurt instead of mayonnaise can increase calcium intake and lower the fat content of this recipe. You may also omit honey as raisins naturally give rich taste of sweetness.

Avocado and Tuna Sushi Hand Roll

Ingredients

Seaweed for sushi	3 sheets
Japanese rice with vinegar	1 bowl
Canned tuna in spring water	$\frac{1}{2}$ can
Eggs	3 whole
Avocado	1 piece
Low-fat plain yoghurt	As appropriate

(Serves about 6 persons)



To prepare rice for sushi

Japanese rice	$1\frac{1}{2}$ cups
Water	$1\frac{1}{2}$ cups
Seasoning vinegar	$1\frac{1}{2}$ tablespoons
Sugar	1 teaspoon
Salt	$\frac{1}{2}$ teaspoon

Seasoning

Salt	Small amount
Vegetable oil	$\frac{1}{2}$ teaspoon
Ground pepper	$\frac{1}{2}$ teaspoon

Method:

1. Wash the Japanese rice and soak in water for half an hour. Drain the rice. Add it into a pot with one cup of water and cook.
2. Sprinkle vinegar, sugar and salt on the cooked rice and mix well. Allow it stand for a minute to let the flavours infuse. Put it in a container.
3. Drain the tuna fish and mash it. Add 1 tablespoon of yoghurt. Mix well and set aside.
4. Add a pinch of salt, $\frac{1}{2}$ teaspoon of oil, $\frac{1}{2}$ teaspoon of ground pepper and $\frac{1}{2}$ teaspoon of water into the two eggs. Mix well.
5. Add a little oil to a pan. Scoop one tablespoon of egg mixture into the pan. Let it settle in a pancake form and cut into wedges.
6. Boil the remaining egg and mash it.
7. Halve the seaweed sheets and slice the avocado.
8. Place a slice of avocado at an angle on the left corner. Add some sushi rice and flatten out.
9. Add tuna, then egg wedges and avocado on top. Roll it into a cone. Add some mashed boiled egg and serve.



- Children love sushi. Canned tuna in spring water and avocado is an interesting combination. Avocado is high in fat but the fat is an unsaturated fat which is good for heart health. Besides, it also contains plenty of vitamin A and potassium. It is good for health when consumed in moderation.
- You can also add all sorts of fruit to the hand roll, such as mango, dragon fruit or kiwifruit, etc. to boost fruit intake.

Sweet Corn Mashed Potato Balls

Ingredients:

Potatoes	4 medium
Sweet corn kernels	$\frac{1}{2}$ bowl
Olive oil	1 teaspoon
Skimmed milk	$\frac{1}{2}$ cup
Ground pepper	Small amount
Spring onion, finely chopped	Small amount
Salt	$\frac{3}{4}$ teaspoon

(Makes about 20 pieces)



Method:

1. Wash the potatoes (with peels on).
2. Place the potatoes into the pot and add water to cover them.
3. Bring water to boil over high heat and then turn to low heat. Boil the potatoes till they are soft.
4. Take out the potatoes. Let them cool down and remove the skin. Mash them.
5. Blanch sweet corn kernels.
6. Add the sweet corn kernels, skimmed milk, olive oil, ground pepper and salt. Mix well.
7. Roll mashed potato into small balls and sprinkle spring onion before serve.



- Calcium is very important to the bone development of children. Addition of skimmed milk helps increase the content of calcium. Grated low-fat cheese can also be added on the mashed potato balls to add flavour and increase the calcium content.
- Most children like sweet corn, a cup of sweet corn kernels is a very attractive party food for them.

Fish and Egg Roll

Ingredients:

Eggs	2 whole
Minced dace fillet	160 grams
Celery	1 stalk

Seasoning:

Salt	$\frac{1}{2}$ teaspoon
Sesame oil	1 teaspoon

(Serves about 10-12 persons)



Method:

1. Beat the eggs. Add salt and sesame oil. Mix well and set aside.
2. Heat the non-stick pan. Add a little oil and half of the egg into the pan. Fried the egg into a thin pancake form.
3. Place the thin egg pancake on a plate. Put minced dace fillet on the egg pancake (both in the same size).
4. Cut celery into sticks. Place them on the side of the fish and egg pancake and make a roll. Steam it.
5. Slice the cooked fish and egg roll and serve.



- There is usually less fat in fish than meat. With celery, we have more dietary fibre in the egg roll. A non-stick pan helps reduce the use of oil.
- If children do not like celery, cucumber or carrot can be used as alternatives.

Carrot Pancakes with Onion and Sweet Potatoes

Ingredients:

Carrots, grated	2 medium
Onion, finely chopped	1 small
Sweet potatoes, grated	2 medium
Eggs	2 whole

Seasoning:

Lemon, small-sized, juiced	$\frac{1}{2}$ piece
Corn flour	3 tablespoons
Black pepper	Small amount
Olive oil	Small amount

(Serves about 3-6 persons)



Method:

1. Add carrots, onion, sweet potatoes, lemon juice, corn flour and eggs into large bowl and mix well.
2. Season with black pepper.
3. Warm small amount of olive oil in pan. Pour a large tablespoon of carrot mixture into middle of the pan and make a thin pancake in your preferred size. Fit in as many pancakes as possible without overlapping ingredients.
4. Cook for about 2 minutes on each side until pancake turns slightly brown and serve.



- Onions, carrots and lemon juices are all rich in antioxidants which help strengthen our immune system and improve heart health.
- The monounsaturated fatty acid in olive oil is associated with better control of our blood cholesterol level. However, over-consumption is not recommended as its energy is as high as other types of oils.