

Steamed vegetables - Feeds 2 adults



Ingredients

Vegetables



1 cup
broccoli



1 cup
cabbage



1/2 cup
tomato



1 cup
peas



2 tablespoons cheese



1 tablespoon plain flour



1/4 teaspoon mixed Italian herbs



1 tablespoon
vinegar



1/2 cup milk



Equipment



Cheese sauce

- Put 1/2 of the milk and the flour in saucepan
- Mix
- Continue to mix until there are no lumps
- Add the rest of the milk
- Add cheese
- Mix & cook until the sauce thickens

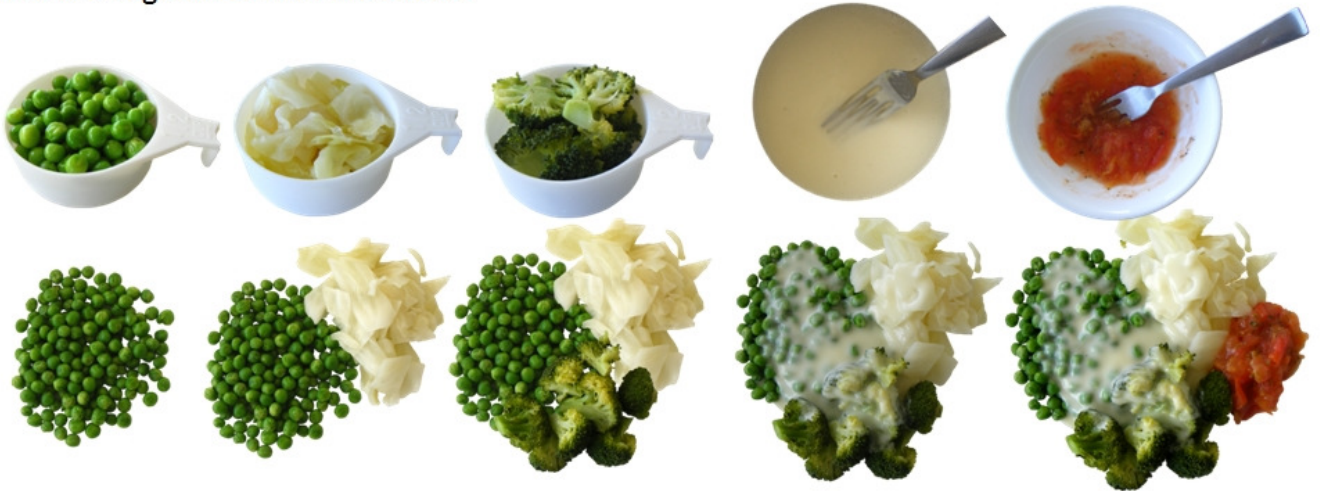
Tomato sauce

- Put the chopped tomatoes in a bowl
- Mash the tomato
- Cover and microwave for less than a minute
- Add vinegar and Italian herbs
- Mix

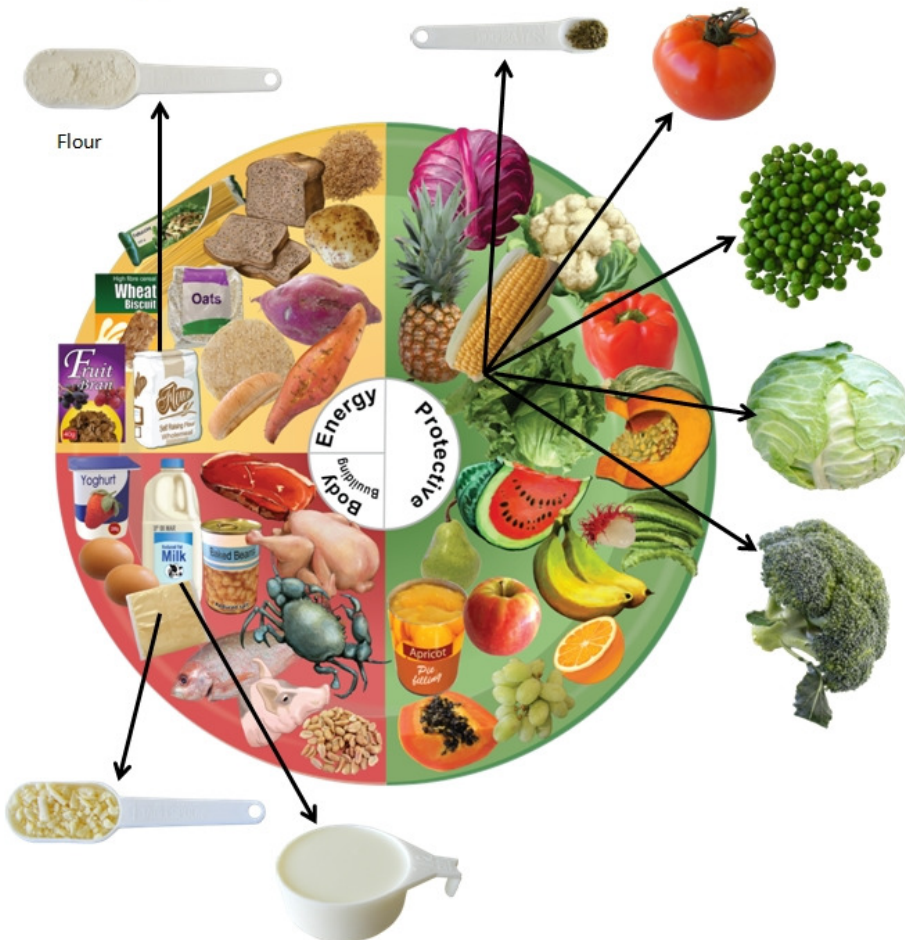
12 Steam the vegetables



13 Serve the vegetables with the sauces

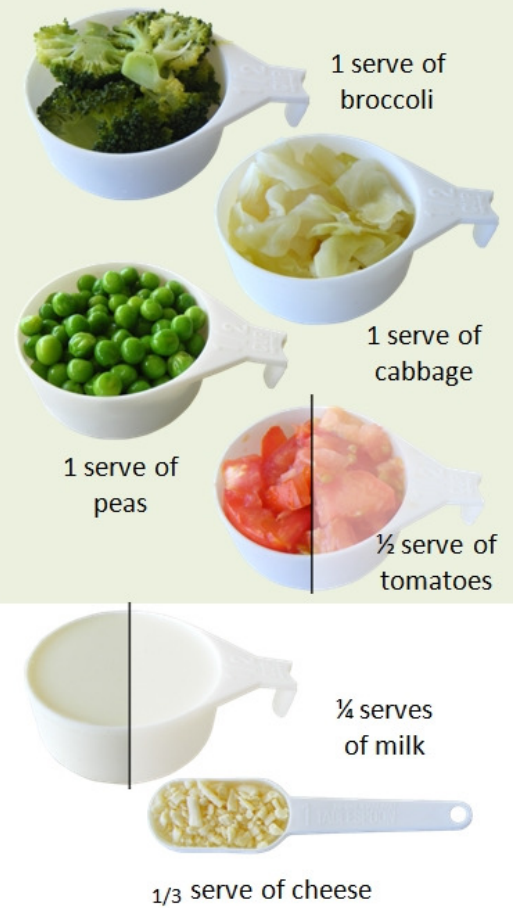


Good food plate



Serves in one meal of steamed vegetables

Vegetables – Total 3½ serves



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Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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