

Table Treats

MAKING MEAL
TIMES FUN

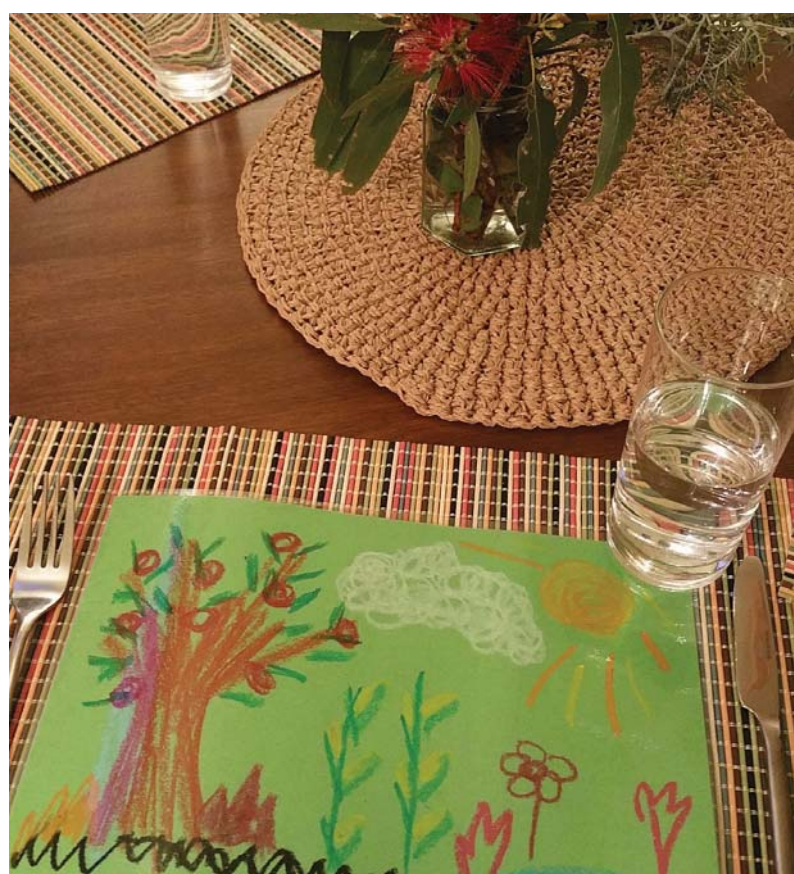
PLACE MATS

Get creative with children of all ages and help them to design and make their own place mats for the dinner table.

Use an A4 piece of paper as a base for an individual mat and let your imagination run wild!

You might like to use fun fruit and veggie stencils to make a pattern, draw the dinner you are having or make up funny food faces.

Laminate the table art for some wipe clean re-usable treasures.



- Children who eat regular family meals tend to consume more vegetables and fruits.
- Family mealtimes give children an opportunity to learn good eating habits and table manners.
- Get children involved in mealtimes: this could mean choosing what to eat, helping to make it or even just setting the table.
- Add a bit of excitement to family meals by taking them outdoors – frittata is a great picnic option!





FAMILY DINNERS

VEGETABLE FRITTATA

What you will need:

- 8 eggs
- 3 tbsps. olive oil
- 2 cups of mixed vegetables – try pre-cooked potatoes and/or pumpkin with fresh zucchini, mushrooms, broccoli, tomatoes, peas, carrots....
- 1 cup of grated cheese
- ½ cup fresh herbs e.g. parsley

SERVES 4

This recipe is an easy way to use up left-over veggies or try a new vegetable with some old favourites!

It can be served hot or cold and makes a yummy breakfast, lunchbox or dinner addition.

How to make it:

1. Chop the vegetables into bite size pieces.
2. Heat 2 tbsps. of oil in a large non-stick frying pan over a medium heat. Add the vegetables and cook for 3-4mins until just soft.
3. In a large bowl lightly beat the eggs together. Stir through $\frac{3}{4}$ of the cheese, keeping the rest to one side to sprinkle on the top. Add the herbs and cooked vegetable mix.
4. Add another tbsp. oil to the frying pan over a medium to low heat. Add the egg mixture and stir briefly, then cook for 8-10 minutes until nearly set.
5. Sprinkle with remaining cheese and place the pan under a hot grill for 3-4 mins until the top is golden (be careful to keep any plastic handles well clear of the element). Slide onto a board or plate and serve with fresh salad or a jacket potato.