





























Family Friendly Recipes *to Make with your Kids*

Sassy Mama



MEAL PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
SNACK	No-Cook Overnight Oats  	Fruit Ice Pops  	Mini Corn & Cheese Frittatas  	Chia Fruit Pots  	No-Bake Oatie Bars  	Fruit Smoothie  	Peach Pie  
MEAL	Vegan Corn Fritters  	Grilled Fruit and Chicken Kebabs  	Pasta & Homemade Tomato Sauce  	Sweet & Sour Prawns  	Corn Quinoa Salad  	Hawaiian Pizza  	Veggie Quesadillas  

KIDS SKILLS:



- Math skills include measuring, converting and cutting into equal pieces



- Fine motor skills include mixing, whisking, chopping and arranging



- Chemistry skills include heating, freezing and mixing ingredients



- Geography/Culture skills include talking about where ingredients come from, different cuisines

No-Cook Overnight Oats

Serves: 4

Kids skills:

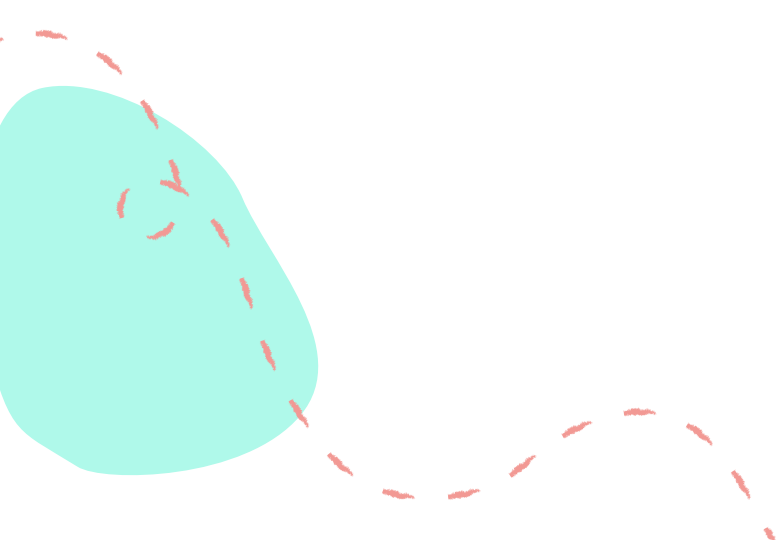


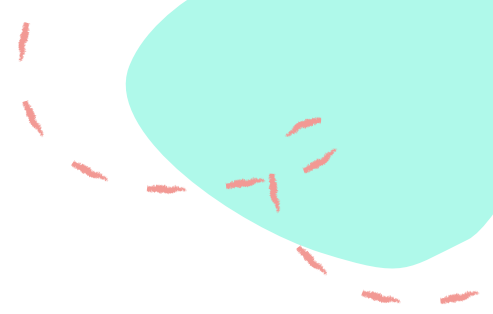
Ingredients

- 2 cups quick or old fashioned oats
- ½ cup sliced almonds, chopped walnuts or pecan pieces (optional)
- ½ cup Del Monte® Cranberries or Del Monte® Raisins
- ¼ tsp ground cinnamon
- ½ can (½ of 825g can) Del Monte® Peach Halves
- 1½ cups milk, almond milk or coconut milk
- ⅔ cup Greek yoghurt

Directions

1. Combine oats, almonds, cranberries and cinnamon in a medium bowl.
Stir in peaches, milk and yoghurt.
2. Portion into 1-pint mason jars with lids or cover bowl and refrigerate 8 hours or overnight.

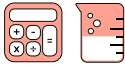




Vegan Corn Fritters

Serves: 8

Kids skills:



Ingredients

- 1 can (425g) Del Monte® Sweet Corn Cream Style
- $\frac{1}{3}$ cup of cornmeal
- $\frac{2}{3}$ cup all purpose flour (can use 1-1 gluten free substitute)
- 2 tsp baking powder
- 1 tsp salt
- $\frac{1}{2}$ tsp of garlic powder
- $\frac{1}{4}$ chopped spring onion
- 1-2 tbsp maple syrup
- Oil for frying

Directions

1. Combine all of the ingredients in a large bowl and mix until fully combined.
2. In a large skillet, pour enough oil in to fully coat the bottom with a thin layer. Heat over medium heat. Using a cookie scoop (about a heaping tablespoon), pour the batter into the skillet and lightly pat down the batter to flatten a bit. Cook for 3-4 minutes on each side until golden brown.
3. Garnish with a handful of chopped green onion.

Fruit Ice Pops

Kids skills:  

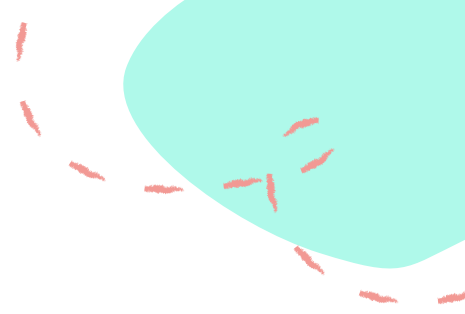
Ingredients

- Coconut water (fresh or UHT)
- 1 can (425g) Del Monte® Peach Halves, drained and peaches cut in half or
1 can (567g) Del Monte® Sliced Pineapple, drained

Directions

1. Combine the coconut water with any fresh or Del Monte® canned fruit you'd like (cut in slices or small chunks), then pour the preparation into popsicle trays. Freeze until hard then enjoy!





Grilled Fruit and Chicken Kebabs

Serves: 4

Kids skills:



Ingredients

- 2 tbsp dijon mustard (optional)
- 3 tbsp canola oil
- ½ tsp dried rosemary
- 450g boneless, skinless chicken breast halves, cut into 2.5cm cubes
- 1 red/yellow pepper, cut into 2.5cm pieces
- 1 small red onion, cut into eight wedges, layers separated
- 1 can (825g) Del Monte® Peach Halves cut in half or 1 can Del Monte® Pineapple Slices cut into cubes
- 16 large bamboo skewers

Directions

1. Measure out ingredients. Whisk together mustard, 2 tablespoons oil, rosemary and salt, if desired, in a medium bowl. Add chicken and stir until well coated.
2. Use 2 skewers at a time to make turning food on grill pan easier. On each double-skewer, alternate 3 pieces each of chicken, bell peppers and onion and 2 pieces of peach/pineapple.
3. Heat a grill pan over medium heat. Brush grill with remaining 1 tablespoon oil, and cook kebabs 4 minutes or until chicken is no longer pink inside.
Serve with couscous or rice.

Mini Corn & Cheese Frittatas

Serves: 12

Kids skills:



Ingredients

- 1 pack (380g) Del Monte® Whole Kernel Corn easy-to-peel pack, drained
- $\frac{3}{4}$ cup cream cheese, cut into small pieces
- $\frac{3}{4}$ cup sliced spring onions
- 8 eggs
- $\frac{1}{3}$ cup milk
- $\frac{1}{4}$ tsp each salt and black pepper
- $\frac{3}{4}$ cup shredded sharp cheddar cheese

Directions

1. Preheat oven to 180°C. Coat a 12-cup non-stick muffin pan with non-stick cooking spray.
2. Spoon equal amounts of corn, cream cheese and onion in each muffin cup.
3. Whisk together the eggs, milk, salt and pepper in a medium bowl; pour egg mixture equally into each muffin cup.
4. Bake 20 to 22 minutes or until puffed and knife inserted in center of a middle row frittata comes out clean.
5. Remove from oven, sprinkle each with 1 tablespoon cheese. Let stand 5 minutes before removing from pan



Pasta and Homemade Tomato Sauce

Serves: 6

Kids Skills:



Ingredients

- 3 tbsp olive oil, divided
- 1 cup diced onion
- 4 cloves garlic, minced
- 1 can (425g) Del Monte® Tomato Sauce
- 2 tbsp Del Monte® Tomato Paste
- Salt and black pepper, optional
- Pasta (weigh out 100 grams for adults, 50 grams for kids)

Directions

1. Heat 1 tablespoon oil in a large saucepan over medium heat. Cook onion 4 minutes or until translucent, stirring frequently. Stir in garlic and cook 15 seconds, stirring constantly.
2. Stir in tomato sauce and tomato paste. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer 30 minutes or until onion is very tender. Remove from heat and season to taste. Serve with your favourite pasta.



Chia Fruit Pots

Serves: 2

Kids skills:  

Ingredients

- 1 can (567g) Del Monte® Sliced Pineapple, drained
- 1 banana or any other preferred fruit
- 1 pack (380g) Del Monte® Aloe Vera in Lite Syrup, drained
- 2 tsp chia seeds hydrated in 2 tablespoons water
- 1 cup Greek yoghurt unsweetened

Directions

1. Slice pineapple with a kid-friendly knife. Slice banana and any other fresh fruit.
2. Portion Greek yoghurt out between two bowls. Add hydrated chia seeds and arrange with fresh fruit, Aloe Vera and pineapple. Stir if desired.



Sweet & Sour Prawns

Serves: 4

Kids skills:



Ingredients

- White or brown rice
- 350g prawns, cleaned and cut into cubes
- ¼ cup plus 2 tbsp less sodium soy sauce
- 3 tbsp cornstarch
- 1 can (567g) Del Monte® Pineapple Chunks, drained
- 2 tbsp vegetable oil
- 225g fresh snow peas, trimmed
- 1 red pepper cut into 2.5cm pieces
- 1½ tbsp grated fresh ginger (optional)

Directions

1. Prepare rice according to directions; keep warm.
2. Meanwhile combine prawns, soy sauce and cornstarch in a bowl and stir to coat.
3. Heat oil in a large skillet over high heat. Add fresh snow peas and bell pepper; stir-fry for 2 minutes. Add prawns, cook until pink throughout (2 minutes).
4. Add remaining soy sauce marinade from prawns to skillet and bring to boil to cook for 3 minutes until sauce thickens, stirring constantly. Stir in pineapple and ginger, warm through then remove from heat. Serve over rice.

No-Bake Oatie Bars

Serves: 6

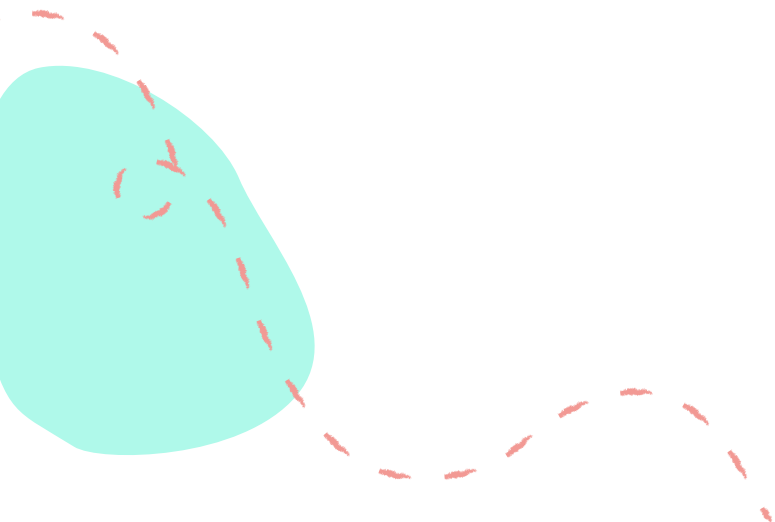
Kids skills:  

Ingredients

- 100g oats
- 50g Del Monte® Cranberries
- 50g Del Monte® Raisins
- 20g sunflower seeds
- 20g chia seeds
- 2 tbsp coconut oil
- 2 tbsp date syrup (or substitute honey/maple syrup)

Directions

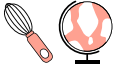
1. Put everything except the raisins and cranberries into a blender or food processor and blitz to a breadcrumb texture. Mix in raisins and cranberries.
2. Press into a tin (15x20cm approx) lined with a strip of baking parchment, leave the ends poking out so it's easier to lift out of the tin later. Place the tray in the freezer for an hour or so to firm up, remove from the tin and cut into bite-sized squares. Place the squares in a Tupperware, with baking parchment between the layers to stop them sticking together. These are best eaten straight from the freezer.



Corn Quinoa Salad

Serves: 8

Kids skills:



Ingredients

- 1 pack (380g) Del Monte® Whole Kernel Corn easy-to-peel pack, drained
- 1 cup uncooked quinoa
- 2 avocados, chopped

Dressing:

- ¼ cup olive oil
- 2 tbsp lemon juice
- 1 tsp maple syrup
- Salt optional

Directions

1. Cook quinoa as per package instructions.
2. Meanwhile, cut the avocado into cubes and combine with corn and dressing ingredients. Stir in the drained cooked quinoa. Serve immediately.



Fruit Smoothie

Serves: 1

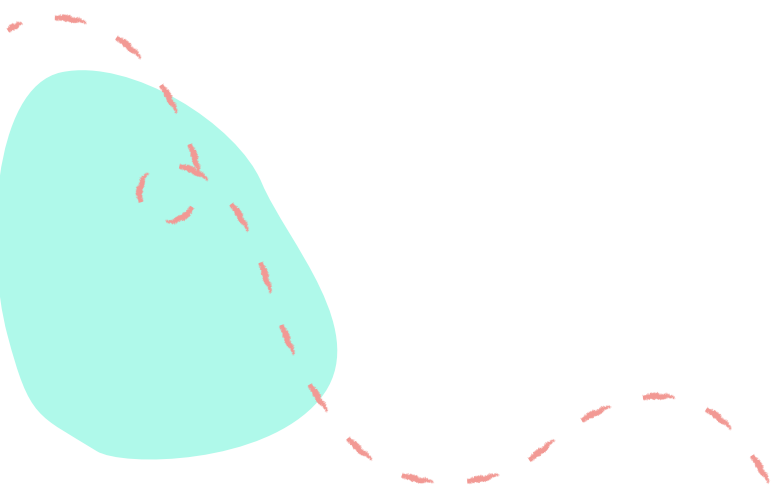
Kids skills:  

Ingredients

- 1 cup Del Monte® Fruit Cocktail, drained or
1 cup Del Monte® Fiesta Tropical Fruit Mix, drained
- ½ cup low fat plain or unsweetened Greek yoghurt
- ½ cup ice cubes, optional

Directions

1. Combine all ingredients in a blender and puree 15 to 30 seconds until smooth.



Hawaiian Pizza

Serves: 6

Kids skills:



Ingredients

- 1 pkg. refrigerated pizza crust dough/ or use ready-made wholemeal wraps
- 1 can (425g) Del Monte® Tomato Sauce
- 1½ cups mozzarella cheese
- 1 can (567g) Del Monte® Pineapple Chunks, drained
- Ham slices, cut into pieces

Directions

1. Preheat oven to 200°C. Spray a large baking sheet with non-stick cooking spray. Press dough into a 38 x 25cm rectangle, and decoratively pinch the edges, if desired.
2. Bake 8 to 10 minutes or until edges begin to turn light golden brown.
3. Alternatively, just use ready-made wholemeal wraps (no need to pre-bake).
4. Spread tomato sauce evenly over crust, sprinkle with cheese and remaining toppings. Bake 5 minutes for wraps and up to 15 minutes for pizza dough until cheese is melted and until crust is golden brown.
5. When cooked, get the kids to cut the pizza into half and quarters to practise fractions!



Peach Pie

Serves: 15

Kids skills:



Ingredients

Pie topping

- 2 tbsp sugar
- 2 tsp cinnamon

Pie Crust

- 4 cups all-purpose flour
- 1 tsp salt
- 1 cup vegetable oil
- ½ cup milk

Pie Fillings



- 2 (825g) cans Del Monte® Sliced Peaches, drained
- ½ cup brown sugar (or coconut sugar)
- 1½ tbsp fresh lemon juice
- ¼ cup plus 1 tbsp all-purpose flour
- 1½ tbsp unsalted butter, thinly sliced

Directions

1. Preheat oven to 190°C. Combine sugar and 1 teaspoon cinnamon in a small bowl; set aside. In a 38 x 25 x 2.5cm baking sheet, stir together flour and salt. Form a well in the center and pour in oil and milk. Stir together with a fork until liquid is fully incorporated and the mixture is moist and crumbly; set aside 1 cup of dough for topping. If dough is too dry and crumbly, add water 1 teaspoon at a time to reach a consistency that is easy to press in Step 2.
2. Press dough evenly along the bottom and up the sides of the pan. Flute the edges by pressing dough with knuckles against side of pan.
3. Press reserved 1 cup of dough to approximately 1/2cm thickness between two sheets of waxed or parchment paper and cut out shapes with a cookie cutter (about 20 shapes with a 5cm cutter, or 15 shapes with a 7.5cm cutter). Refrigerate dough shapes on paper while preparing pie filling.
4. Transfer the drained peaches to a large bowl. Add the sugar, lemon juice and flour, toss well and let stand for 5 minutes.
5. Carefully pour peach mixture onto crust in baking pan. Distribute peaches evenly over crust and scatter the butter slices on top. Top with chilled dough shapes. Sprinkle shapes lightly with reserved cinnamon-sugar topping.
6. Place pan on a middle rack of oven and bake 55 minutes or until juices are bubbling and crust edges are lightly browned. Cool on a rack at least 15 minutes before serving.

Veggie Quesadillas

Serves: 6

Kids skills:  

Ingredients

- 1 can (425g) Del Monte® Whole Kernel Corn, drained
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 cup chopped steamed broccoli
- 6 large flour tortillas
- 4 tsp vegetable oil, divided

Directions

1. Mix together the corn, cheese and broccoli. Spread mixture over half of each tortilla.
2. Heat 2 teaspoon oil in a large non-stick skillet over medium heat; tilt skillet to coat evenly. Place 2 quesadillas in skillet; cook 2 to 3 minutes per side or until lightly browned and cheese is melted. Repeat with remaining oil and quesadillas. Serve with tomatoes and guacamole, if desired.

