

Fresh for Kids® Cheesy veggie bakes



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Cheesy veggie bakes

Preparation: about 20 minutes

Cooking: about 35 minutes

Serves: 4

- 2 carrots, peeled and thickly sliced
- 300g Cauliflower florets (about ½ small cauliflower)
- 250g broccoli florets (about 300g head)
- 2 tbs toasted pine nuts

Cheese Sauce

- 2 tbs butter
- 2 tbs plain flour
- 2 cups reduced fat milk
- ½ reduced fat grated tasty cheese
- Salt and ground black pepper

1. Steam or boil carrots and cauliflower for 3 minutes. Add broccoli and steam for a further 3–4 minutes until vegetables are almost tender. Drain. Set aside.
2. To make cheese sauce, melt butter in a medium saucepan over medium heat. Once bubbling, stir in flour and cook for 1 minute. Remove from heat and stir in milk. Return to heat and bring to the boil. Reduce heat and simmer for 3 minutes. Stir in cheese and season with salt and pepper to taste. Set aside.
3. Preheat oven to 180°C. Arrange vegetables in 4 x 1 cup greased ovenproof dishes. Pour over cheese sauce and sprinkle with pine nuts. Bake for 20–25 minutes until sauce is bubbling. Stand for 2 minutes and serve.

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Cauliflower

- Cauliflower is an excellent source of vitamin C, with 100g supplying well over a full day's requirement of this important anti-infection vitamin.
- A good source of vitamin K, a vitamin involved in helping blood clot normally.
- Provides dietary fibre including soluble fibre which can help increase 'good' bacteria in the large intestine.

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