

Healthy with **KiDSTART** presents

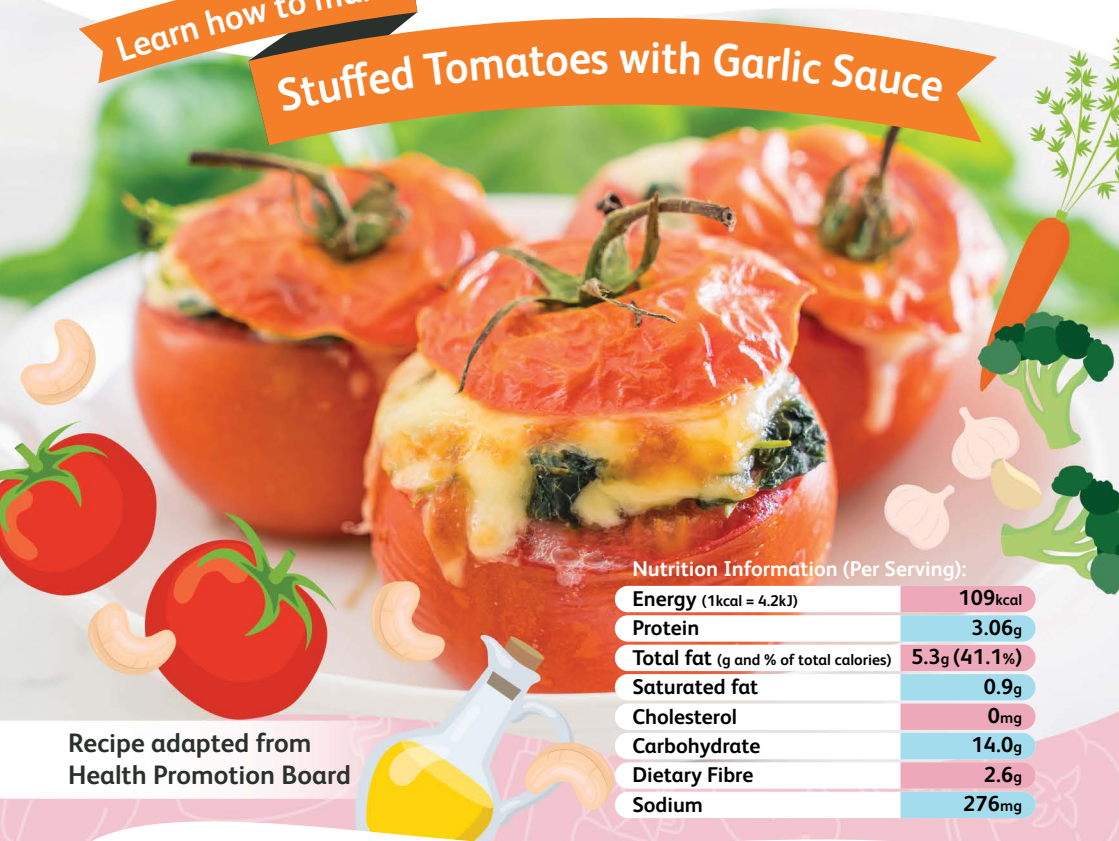


What's FOR LUNCH?

Brought to you by **PRUDENTIAL** 

Learn how to make

Stuffed Tomatoes with Garlic Sauce



Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ)	109kcal
Protein	3.06g
Total fat (g and % of total calories)	5.3g (41.1%)
Saturated fat	0.9g
Cholesterol	0mg
Carbohydrate	14.0g
Dietary Fibre	2.6g
Sodium	276mg

Recipe adapted from
Health Promotion Board

Worried about having your child in the kitchen? Don't be!

- Tip 1** Little ones can help out too! Start including them from when they are as young as eighteen months old to assist with pouring, stirring and measuring ingredients. This will help them build confidence in the kitchen and support their brain development.
- Tip 2** Let fun be the goal of food prep with your child! Cooking with young children can be challenging. But don't give up and be patient. The experience does not have to be perfect! Thank your child for helping out in the kitchen and let them know you appreciate the time spent together making new memories as a family.

Serves 4 to 6

Ingredients*

Tomato, big 200g
Frozen mixed vegetables 150g
Garlic, chopped 15g
Olive oil 2 tsp
Cashew nut 20g
Oyster sauce 1 tbsp
Salt, to taste

*Choose products with the Healthier Choice Symbol.

Method

1. Halve tomatoes and remove seeds.
2. Heat olive oil, add garlic and fry until fragrant.
3. Add frozen mixed vegetables, oyster sauce, cashew nuts and salt. Fry vegetables until cooked.
4. Fill tomatoes with stir-fried vegetables and bake in oven at 170°C for 10 minutes.
5. Serve.

Tips

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.



Involve your child in making this comfort food!

If you have a toddler, get your child to...

- wash the tomatoes
- remove seeds from the cut tomatoes
- throw away the seeds into the bin
- place the stuffed tomatoes on the baking tray

If you have a pre-schooler, have your child

- stuff the tomatoes.
- help with measuring the ingredients
- hand you the ingredients as you cook

Take your child's learning a step further by getting them to ponder!

Here are some useful prompts to use with them:

For toddlers:

- "Feel the tomato. How does it feel?"
- "Bite into a piece of the cashew nut. Is it hard or soft?"

For Pre-schoolers:

- "Can you arrange the ingredients from the smallest to the biggest?"
- "Can you name the vegetables in the frozen mixed vegetables?"