

## COOKING DEMONSTRATION NOTES

# Vegetable sticks with hummus dip

**Preparation time:** 5-10 minutes **Freezing:** unsuitable

## Shopping list

- purchased or homemade hummus
- variety of vegetables e.g. zucchini, carrot, snow peas, cucumber, broccoli, baby sweet corn, green beans, capsicum

## Equipment

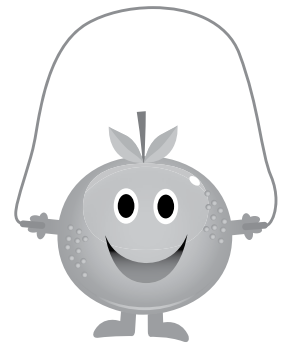
- knife
- chopping board
- saucepan and steamer insert or microwave
- serving plate

## Ingredients

purchased or homemade hummus  
variety of vegetables e.g. zucchini, carrot, snow peas, cucumber, broccoli, baby sweet corn, green beans, capsicum

## Steps

- 1** Wash vegetables and cut into sticks.
- 2** Lightly steam or microwave to soften. Allow to cool.
- 3** Serve hummus with selection of vegetables which are lightly steamed or raw.



## How to modify recipe

- Try other dips such as avocado, eggplant or yoghurt (tzatziki) dip.
- Try a variety of other fresh vegetables or frozen vegetables.

## Healthy eating messages

- Encouraging young children to eat vegetables can be a challenge- the key is to keep trying! The best way to get young children eating their vegies is to keep serving them. Even if they just taste it or have one mouthful praise them. It may take 5- 15 tastes before they accept the vegetable.
- Try a range of different vegetables and serve them in different ways. Some children prefer their vegetables raw, so have a platter of vegetable pieces on the table. Also, try grilled or barbecue vegetables like zucchini, eggplant, capsicum, sweet potato, corn or asparagus.
- Hummus is made from chickpeas and is a good source of iron, protein and calcium.
- Hard raw vegetables and fruit can be a choking hazard for young children. Lightly cook or grate foods such as carrot and apple and always supervise young children when they are eating.
- Include vegetables in other dishes like grated carrot, zucchini and mushrooms in pasta sauce. Or try chopped up vegetables on homemade pizza, in soups, casseroles or omelettes.
- Frozen and canned vegetables are a great healthy alternative to fresh produce. Choose varieties with no added salt, sugar or fat.