



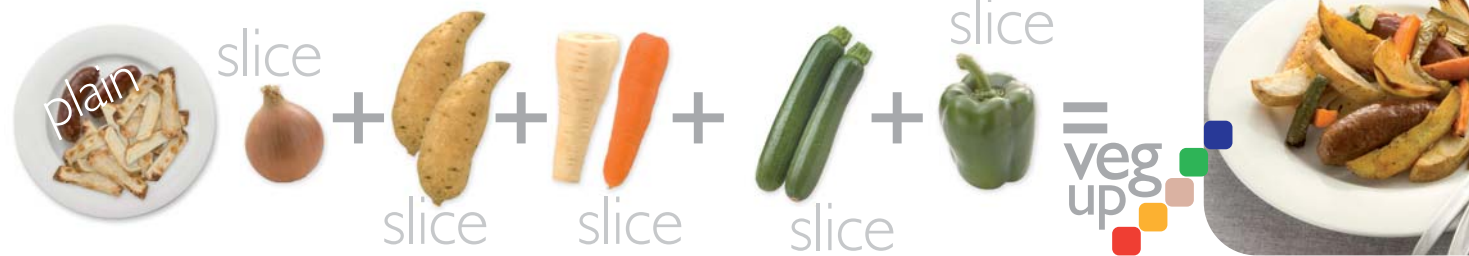
For quick and easy ways to add vegetables to everyday meals...

Exciting new ways to **vegUP** popular kiwi family meals.

macaroni cheese



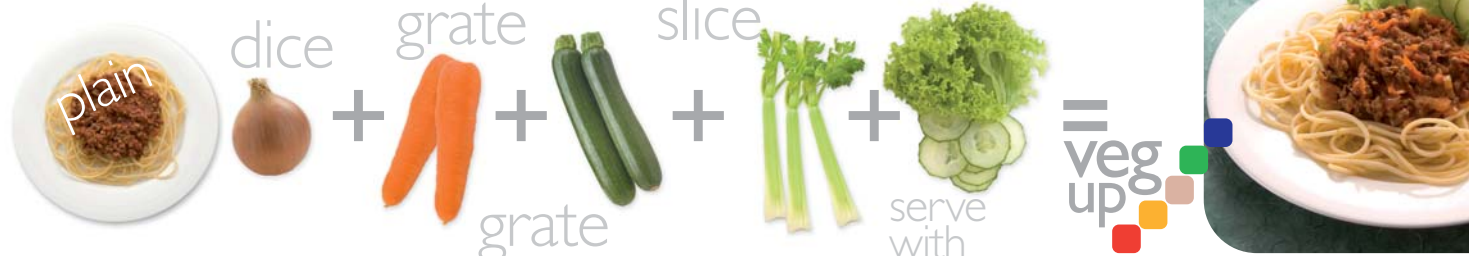
bangers and chips



vegetable soup



spaghetti bolognese



and add **more** to your meals...

more colour
more antioxidants
more vitamins
more value for money
with less fat
less salt
less calories
more minerals

Involve your children in preparing meals. Help them learn about food and develop new skills. Start them off with easy stuff like washing **vegetables** or getting the food out for a meal.

For a healthier meal load up family plates with **vegetables**. Aim for at least half the plate to be **vegetables**.

Eat together as a family as often as you can. Kids are more likely to eat **vegetables** if they sit down with the family.

The delicious way to eat your 5+ A Day. **5+ a DAY** THE COLOUR WAY
Vegup your meals... everyone wins!



VegUP the taste, **vegUP** the goodness... as easy as slice, chop, dice, grate and enjoy!

Liven up everyday family meals with these easy to prepare recipes.

A few fresh vegetables are all you need for a new twist on these popular dishes...



vegUP macaroni cheese

things you will need

- 2 cups dry macaroni
- 1/4 small cauliflower (200g)
- 1/2 head broccoli (200g)
- 2 Tbsp butter or margarine
- 1 onion, finely chopped
- 3 Tbsp flour
- 3 cups milk
- 2 cups grated tasty cheese
- 1 tomato, sliced
- 1/4 cup crushed weetbix
- 2 carrots, cut into sticks
- 2 celery stalks, cut into sticks

Fill a large saucepan with water; bring to the boil, add the macaroni and simmer for 7 minutes. Chop the cauliflower and broccoli into florets. Add to the pasta and simmer another 3 - 4 minutes. Drain. Meanwhile melt the butter in a saucepan. Sauté the onion for 3 - 4 minutes. Add the flour; mix well and gradually add the milk. Heat gently until thickened, stirring to avoid lumps. Add the cheese. Place the macaroni vegetable mix in a baking dish, pour over the cheese sauce. Top with the tomatoes and sprinkle the weetbix over. Grill for 5 - 10 minutes or until golden brown. Serve with celery and carrot sticks.

Serves 4-5



vegUP bangers and chips

things you will need

- 6 medium baking or general purpose (floury) potatoes (900g) scrubbed and cut into wedges or chunks
- 1 onion, peeled and sliced into wedges
- 2 kumara, sliced
- 2 carrots or parsnips, sliced
- 2 courgette, sliced
- 1 pepper, sliced
- 6 lean sausages (500g) halved by twisting to form 12 short sausages
- 2 Tbsp oil
- 2 Tbsp fresh rosemary leaves or 1/2 tsp Tuscan seasoning (optional)

Place everything in a roasting dish. Toss to coat lightly with oil and seasoning. Bake uncovered at 200°C for 45 - 55 minutes or until the potatoes are golden and tender. Turn once during cooking.

Serves 4-5



vegUP soup

things you will need

- 2 Tbsp oil
- 1 onion, peeled and diced
- 2 each of kumara, potato and carrot, chopped
- 1 - 2 cups peeled and chopped pumpkin
- 1 packet dried spring vegetable soup
- 6 cups water
- 1 leek or 2 celery stalks, chopped

Heat the oil in a saucepan and sauté the vegetables for 5 - 6 minutes. Add the soup mix and water. Simmer gently for 15 - 20 minutes or until the vegetables are tender. Add the leek or celery near the end of cooking to keep the bright green colour. Puree if you prefer a smooth soup. Season to taste.

Serves 6



vegUP spaghetti bolognese

things you will need

- 1 Tbsp oil
- 400g minced beef
- 1 onion, peeled and diced
- 2 cloves crushed garlic (optional)
- 2 carrots, grated
- 2 courgettes, grated
- 2 stalks celery, sliced
- 500g good tomato pasta sauce.

Warm the oil in a heavy based pan which has a fitting lid. Add the mince, onions and garlic, cook for 5 minutes or until the mince is browning. Add the vegetables and the pasta sauce, cover and simmer, stirring occasionally and adding a little extra water if necessary. Cook for 15 - 20 minutes or until the sauce is rich and thickened. Serve on pasta with lettuce and cucumber on the side.

Serves 4-5