

MY NAME

Healthy Body : Warm roast vegie salad page 23



HEALTHY BODY

NAN'S KITCHEN
with Nancy Quirana

Pump it up!

PUMPKIN IS THE VEGIE OF CHOICE FOR A WARMING WINTER SALAD.

Who says salads are only for summer? This warm roasted vegetable salad is divine for the colder months when you feel like a salad but eating lettuce doesn't appeal. You can substitute your favourite vegies or keep it simple and focus on your favourite one. Being a Murri, I just love Queensland Blue pumpkins, but you can choose Butternut, too, which is sweeter. You don't even need to peel the pumpkin, as roasting makes the skin soft enough to eat.

Warm Roast Vegie Salad Serves 6

INGREDIENTS

- 1kg Queensland Blue pumpkin (cut into wedges or cubes about 2cm)
- 1 medium eggplant (cut into 1cm wide slices)
- 1 red capsicum (seeded and cut into 2cm long strips)
- 1 yellow capsicum (seeded and cut into 2cm long strips)
- 2 medium zucchini (sliced)
- 50 grams pine nuts
- 4 cloves of garlic, thinly sliced

DRESSING

- 1 tablespoon balsamic vinegar
- 2 tablespoons of olive oil
- salt and freshly ground black pepper

METHOD

- 1 Preheat the oven to 160°C. Slowly roast all the vegies and the pine nuts on a biscuit tray for one hour.
- 2 Combine the roasted vegies and nuts with the sliced garlic in a large salad bowl.
- 3 In a small bowl, whisk together all the Dressing ingredients and pour over the salad. Serve warm.

FOOD FOCUS



NOEL STRAIN/ANDREW LEJMAN

Pumpkins – versatile and good for you

What an amazing vegetable the pumpkin is. Related to melons and cucumbers, they come in a range of sizes, colours and shapes. Soft-skin squashes and chokoes are types of pumpkin, too. Then there are the hard-shelled varieties, from the butternut with its potato-like texture, to the popular Queensland blue and Jarrahdale.

Pumpkins are a great source of vitamin C, beta carotene and dietary fibre with low GI.

The best thing about pumpkins is the number of things you can do with them. They are delicious roasted or as a warming winter soup. In some cultures, they're steamed for dessert, such as in Thailand, and in the US, pumpkin pie is popular at Thanksgiving. Pumpkins are also easy to grow from seed, so why not try growing them in your school or community garden? You could even try and beat the current world record for the biggest pumpkin, which stands at 750kg!

Did you know?

The world's largest pumpkin weighed 750kg!

Pumpkins are a great source of energy, vitamin C and fibre. You can eat them in lots of different ways.



This recipe tells you how to make a warm salad from pumpkin and other vegetables.




ACTIVITY 1

Draw a picture of your favourite warming winter foods.

A large empty rectangular box with a thin black border, intended for a student to draw their favourite warming winter foods.

ACTIVITY 2: MATCHING WORDS

Match the names of the vegetables in the recipe with their pictures.

pumpkin	
capsicum	
eggplant	

ACTIVITY 3: READING A SENTENCE.

Pumpkins are a great source of energy, vitamin C and fibre.

Cut the sentence into its words.

Pumpkins	are	a	great	source
----------	-----	---	-------	--------

of	energy,	vitamin C	and	fibre.
----	---------	-----------	-----	--------

Mix the words up and match them with the words in the sentence.

ACTIVITY 4: SPELLING

Cut the word pumpkins into its letter patterns.

Mix them up and put them back together.

p	ump	k	in	s
---	-----	---	----	---

Practise writing 'pumpkins' three times.

.....

.....

.....

ACTIVITY 5: WRITING A SENTENCE

Pumpkins are a great source of energy, vitamin C and fibre.

Write the sentence.

.....

.....

.....

Can you find another way of putting all the words into a sentence?

Write your new sentence.

.....

.....

.....

Draw a picture of three (3) pumpkins.