

HIDING PLACES

How do you get your children and teens to eat their two servings of fruit and vegetables without them kicking up a fuss and pulling a long face? There are many ways to disguise them. Janie Chua, dietitian, National Healthcare Group Polyclinics reveals the secret places.



Meat and Veggie Balls

Serves 4

Ingredients

- 225g lean minced chicken
- ½ cup frozen mixed vegetable, blanched, chop finely
- 1 egg, beaten
- ½ tsp salt
- ½ tsp pepper
- Cornflour for coating
- Corn oil for pan-frying

Methods

1. Mix minced chicken, egg and chopped vegetable together. Season with salt and pepper.
2. Shape minced chicken into balls. Coat them in cornflour.
3. Heat oil in a non-stick pan. Pan fry meatballs over medium heat until golden brown or cooked. Serve.



Nutrient Analysis Per Serving

Energy:	190Kcal
Carbohydrate:	10g
Protein:	15g
Fat:	10g
Saturated fat:	1.9g
Cholesterol:	73mg
Dietary fibre:	1.2g
Sodium:	297mg

Carbohydrate Exchanges = ~ 0.5 exchanges
 One carbohydrate exchange = 15g carbohydrate