

Cheesy sweet potato cups

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 20

- 2 cups cooked rice
- 1 cup grated Sweet potato
- 1 cup Grated tasty cheese
- 12 Eggs



Method

1. Cook rice in advance. Once cooked, as soon as the rice stops steaming, cool in the fridge.
2. Preheat oven to 190 degrees Celsius.
3. Grate sweet potato (use a food processor if available).
4. Combine all ingredients together in a mixing bowl.
5. Line a muffin tray with patty cake cases (20) and divide mixture between them.
6. Bake in oven for 20 minutes. Remove and allow to cool before serving.

Note

- You can substitute the sweet potato for butternut pumpkin, zucchini or carrot
- Eggs are a great source of protein – serve these cups on a day where your main meal at lunch does not contain as much protein. For example, on sandwich day.
- Cooked rice is a high risk food – make sure it is prepared and handled safely. Cooked rice should be used within 2-3 days.

Food Group	Serves provided per portion
Vegetables	0.1
Lean meats and legumes	0.3
Grain foods	0.2
Milk, yoghurt and cheese	0.15