

Fusilli with Mushrooms and Sweet Corn Sauce (1 serving)

Ingredients:

Fusilli	80 g
White button mushrooms	1/2 box
Cream of corn	1/4 can
Onion	2 Tbsp (100g)
Peas	1Tbsp
Skim milk	1/3 cup
Water	2 Tbsp

Seasoning:

Salt	1/4 tsp
olive oil	1 tsp

Methods:

1. Cook the fusilli with salted water, then drain.
2. Wash the button mushrooms and cut into slices.
3. Stir-fry the onion and mushroom with olive oil.
4. Add cream of corn, water and peas, cook until mushroom is soften.
5. Pour in skim milk on low heat, mix until sauce is thickened.
6. Add cooked fusilli and mix well to serve.

Dietitian's Tips:

- Mushrooms are rich in fibre, helps in the prevention and relief of constipation, also provides satiety and helps in weight control. Children who do not like to eat vegetables can try different types of mushrooms, e.g. Straw mushrooms, enoki mushrooms, oyster mushrooms, nizz mushrooms and winter mushrooms.
- Milk is rich in calcium, which is important in strengthening the teeth and bones of children and adolescents. Recipes with milk or milk products (e.g. low-fat / skim yoghurt, cheese) as an ingredient can be considered more often for children who do not like / can not tolerate milk, so as to increase their calcium intake.

Other Tips:

Always check the expiry date on canned foods before purchase. Do not buy if there is damage on the cans.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
488.2	19.7	7.1	115.5	7.3	127.8

*the above data is general information for reference.