



## FUNNY FACE HAM, LEEK AND SWISS CHEESE QUICHE

Serves 6  
\$2.20 per serve  
Preparation time: 15 minutes  
Cooking time: 30 minutes

### Quiche

8 eggs  
1 sheet puff pastry  
1 leek, pale part only,  
washed well and thinly sliced  
120g low fat ham, shaved and diced  
120g grated low fat Swiss cheese  
200ml reduced-fat milk  
Pinch of ground nutmeg  
Pepper to taste  
Olive oil spray

### The face

1 egg, hard boiled  
and cut in half  
1 cherry tomato  
cut in half  
6 asparagus spears,  
cut in half  
¼ avocado  
1 thick cucumber slice

### Method

1. Preheat oven to 180°C.
2. Grease a 23cm quiche tin with spray oil, line with pastry sheet and trim edges.
3. Cover with a sheet of non-stick baking paper, fill with baking weights and place into the oven until blind baked (without colouration).
4. Heat a frying pan on gentle heat, spray with oil and add leek. Gently cook without colour until soft.
5. In a bowl, whisk together the milk, eggs, nutmeg and pepper.
6. Once the pastry is blind baked, remove from oven and take out the paper and weights. Fill with leeks, ham and egg mixture, and top with cheese.
7. Place back into the oven for 30 minutes or until filling is just set.
8. Remove quiche from oven and garnish with eggs as eyes, tomato as cheeks, asparagus as hair, avocado as the mouth and cucumber as the nose.

**Tip: Serve with a large side salad for everyone to share**

## NUTRITIONAL ANALYSIS (not including sides)

Serving size: 210g

	QUANTITY PER SERVE	%DI / RDI*
Energy	1215kJ	14%
Protein	23.0g	46%
Fat, Total	17g	24%
- Saturated	5.6g	23%
Carbohydrate	11g	4%
- Sugars	3g	3%
Dietary Fibre	1.3g	4%
Sodium	415mg	18%
Folate	90µg	45%
Iron	2.1mg	18%
Vitamin A	175µg	23%

\* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes  
One serving of Funny Face Ham, Leek, and Swiss Cheese Quiche is a source of iron and vitamin A and a good source of folate. NB: does not meet claims for fibre.

i National Health and Medical Research Council, Australian Dietary Guidelines 2013, viewed 30 August 2013. Available from: <http://www.nhmrc.gov.au/guidelines/publications/n55>.

ii RONG, Ying., et al. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. British Medical Journal [online]. January 2013, 346:e8539. [Viewed 17 January 2013]. Available from: doi: 10.1136/bmj.e8539.

Tick TM used under licence. People with health concerns should seek dietary advice from their doctor or dietitian

**For more delicious, healthy recipe ideas, visit [www.eggs.org.au](http://www.eggs.org.au)**



Eggs have the Tick because they are a nutritious food. The Tick helps all Australians make healthier food choices.

The Tick is not designed for the treatment of health issues. People with health concerns should seek dietary advice from their doctor or dietitian



# LEARNING ABOUT AND UNDERSTANDING FOOD ALLERGIES



We all want our children to grow up healthy and without the restriction of allergies. With a wealth of information available, how do you know what foods to introduce to your children and when in order to limit the chance of your children developing an allergy?

The advice around what to feed your children from a young age has recently been updated. It was once believed that avoiding the introduction of certain allergy-prone foods including nuts, milk and seafood would prevent the development of food allergies. However, there is a lack of research to suggest that delaying the introduction of potentially allergenic foods into the diet has any benefit in avoiding the development of allergies.

## WHEN SHOULD POTENTIALLY ALLERGENIC FOODS BE INTRODUCED?

Once an infant is ready to start solids at around six months of age, foods can be introduced in any order provided iron-rich nutritious foods are included and the texture is suitable for the infant's stage of development. This advice includes potentially allergenic foods, as outlined in the following table.

Cow's milk	Cow's milk products including full-fat yoghurt, cheese and custard may be given according to the infant's stage of development from around six months. Cow's milk should not be given as a main drink in the diet until after 12 months of age.
Eggs	Eggs are a nutritious food that can be introduced from around six months of age according to the infant's stage of development.
Nuts	Smooth nut pastes can be introduced from around six months of age. Avoid whole nuts and other hard foods to reduce the risk of choking.

## WHAT'S HAPPENING?

If your child has a reaction to food, it can be a scary experience. Foods can cause both allergic reactions as well as intolerance reactions so it's important to distinguish the differences between the two as they are often confused as being the same.



- An allergic reaction is an immune system reaction to food. Allergic reactions are characterised by an immune system reaction that can lead to swelling and inflammation.
- Food intolerance is an abnormal reaction to foods or components of foods that does not involve an immune response. Intolerances are more common than allergies and they are often dose related, occurring after eating or drinking certain amounts of some foods or components of foods.

SYMPTOMS OF AN ALLERGIC REACTION	SYMPTOMS OF INTOLERANCE
Rashes	Headaches
Stomach upset	Migraines
Coughing	Bloating
Wheezing	Diarrhoea
Swelling and inflammation	Skin reactions

## THE TRUTH ABOUT EGG ALLERGIES

Most egg allergy reactions occur in children between the ages of six and 15 months when egg is given for the first time, with tolerance often developed by ages three to four years.

Both genetic and environmental factors are likely to be responsible for the development of an allergy. At present, medical history of all immediate family with allergies or asthma is the only viable method to classify children 'at risk'.

## YOUR DIET DURING PREGNANCY

Your diet during pregnancy is a key factor in influencing both your health and the health of your baby. As supported by the Australasian Society of Clinical Immunology and Allergy, there is no reason to restrict your intake of potentially allergenic foods during pregnancy.



## ALLERGY GUIDELINES

- ✓ Review your family history of allergies or asthma.
- ✓ Breastfeed exclusively for around six months.
- ✓ If breastfeeding is not an option, a standard cow's milk infant formula may be used where there is no history of allergic disease in the family. Infants with a history of allergic disease in the family may be placed on a hypo-allergenic formula. Obtain specific advice from your GP in this area.
- ✓ Introduce solid foods at around six months of age to help meet the infant's increasing nutritional and developmental needs.
- ✓ Introduce one new food at a time so that any reactions can be readily identified.