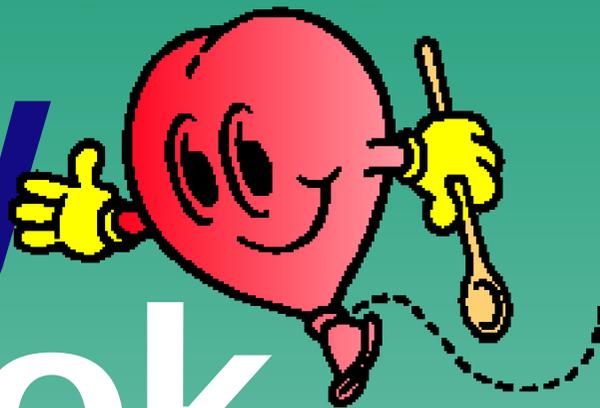
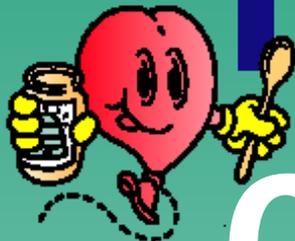


# Artie Beat's

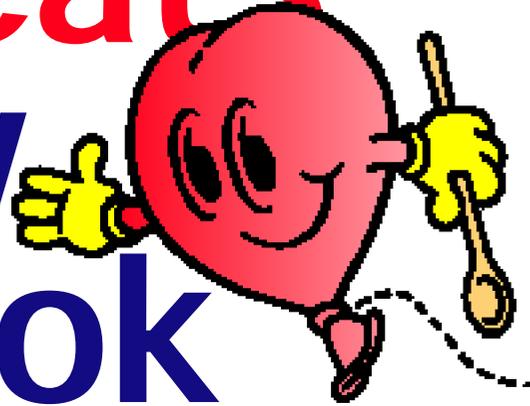
# healthy

# cookbook



45 fun recipes to cook with children

# Artie Beat's healthy cookbook



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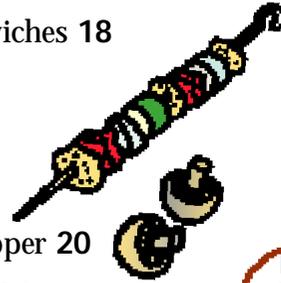
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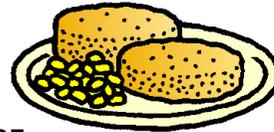
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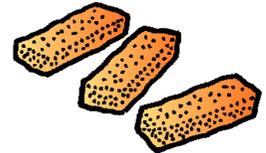
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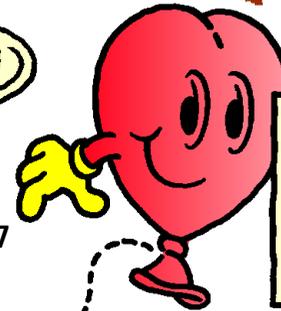
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Here's a poem from  
Alia Yaqoob aged 12  
from Dewsbury!



Try all these recipes  
they're so delicious  
No need to worry,  
they're all nutritious!

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# Foreword

*Hello Junior Chef!*

*I love cooking - I always have done. Ever since I was first allowed to help out in the kitchen I've enjoyed trying out new foods and dreaming up new recipes, making exciting dishes for all my friends and family. Little did I know that when I grew up, cooking would become my full-time job. And do you know, I wasn't even that good at it to start with - but a little practice goes a long, long way! That's why I'm so delighted to introduce this super Artie Beat cookbook - full of healthy recipes chosen by children and packed with fun, tasty ideas.*

*All the recipes in this cookbook are winning entries from a British Heart Foundation competition. Children were invited to write in with their ideas for healthy and delicious dishes - our favourites have been included and illustrated with some great, colourful pictures.*

*It is important to look after your heart and have a balanced diet - this recipe book proves that healthy food can be fun to make and will tickle your taste buds. I am sure you will enjoy following these recipes - don't forget to get an adult to help you in the kitchen. Good luck and have fun cooking!*

*Best wishes*

KEVIN WOODFORD *Chef and TV Presenter*

**P.S.** For information about the Artie Beat Club for 7-11 year olds in the UK, please write to:  
Artie Beat, British Heart Foundation, 14 Fitzhardinge Street, London W1H 4DH.

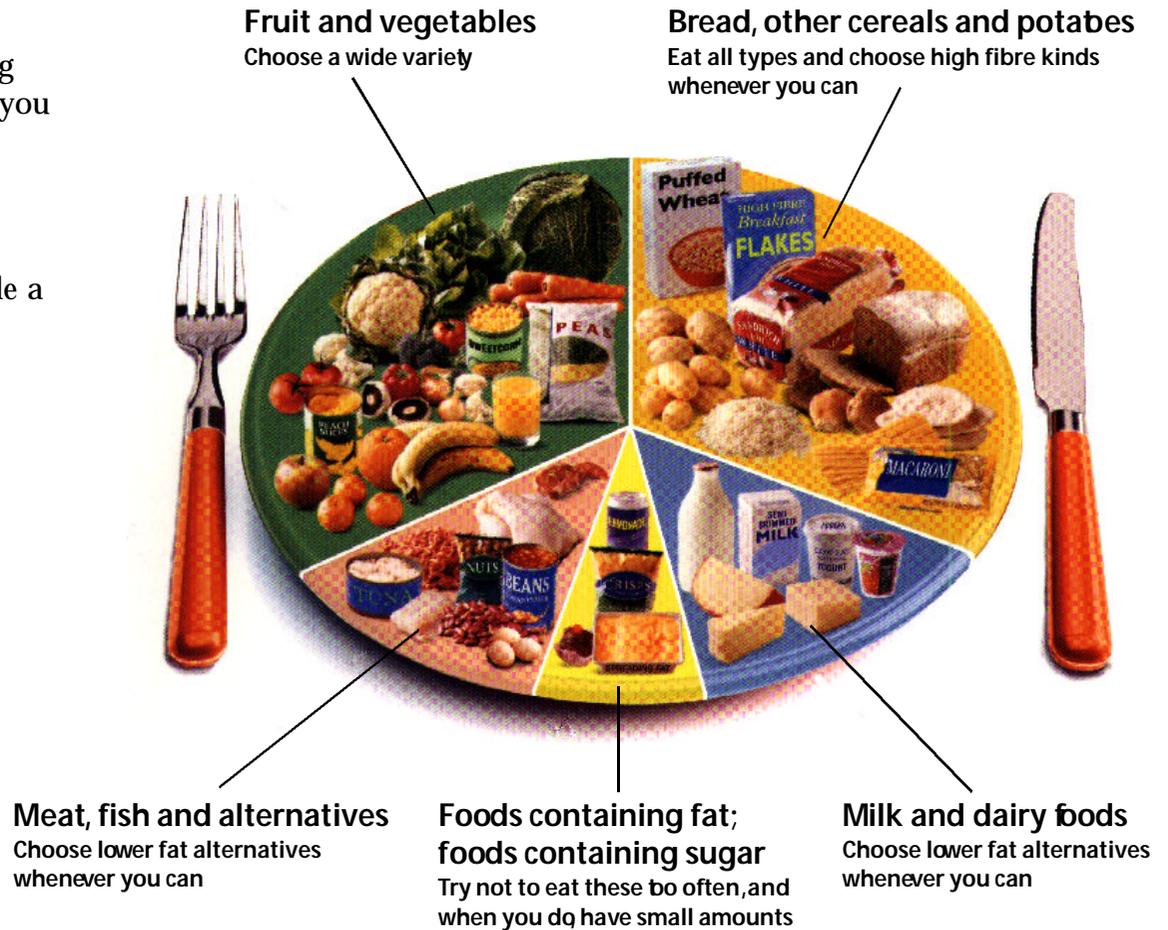


# The Balance of Good Health

Eating a variety of foods is very important for healthy living. Getting the right balance of foods will give you the goodness and energy you need.

The plate opposite shows the proportions of foods from the five different food groups, which provide a balanced and healthy diet.

This plate is called **The Balance of Good Health**.



It is important to try to eat foods from the food groups in these proportions over a number of days or weeks. And remember that it's not only meals, snacks count as well. Doing this will make sure that your diet is:

- **Low in fat, especially saturated fat which is not good for your heart**
- **High in starchy carbohydrate and fibre to give you lots of energy**
- **Low in added sugar to keep your teeth healthy**
- **Full of fruit and vegetables to make sure your whole body is running smoothly**
- **Rich in vitamins and minerals to help your body grow and work**

The Balance of Good Health helps us choose a healthy diet, which reduces the risk of coronary heart disease and other illnesses. It also helps our general sense of wellness and keeps energy levels high.

Of course, within each food group there will be 'healthy' and 'less healthy' choices, but the overall balance is what counts. Having the occasional 'less healthy' option is fine if it is combined with healthy choices at other times.

In this recipe book we have used the 'healthy' choices such as semi-skimmed milk, reduced-fat cheese and low fat yoghurt and fromage frais.

Many foods we eat don't fit neatly into any one food group. This may be because they are combination foods that contain a mixture of things from different food groups. A good example of a combination food is a meat lasagne which contains pasta, flour (to thicken the sauce), meat, tomatoes, onions, cheese and milk and some oil for cooking. So all five of the food groups are represented, of course in different proportions.

The great thing about cooking is that it helps us to see the raw, single components of food rather than just the finished product.

**The Balance of Good Health** applies to most people. However, children under the age of two need full-fat milk and dairy products. Between the ages of two and five, children will gradually be changing to family foods so the **The Balance of Good Health** can begin to apply.

If you have an illness or follow a special diet you may want to check with your doctor to find out whether or not the **The Balance of Good Health** applies to you.

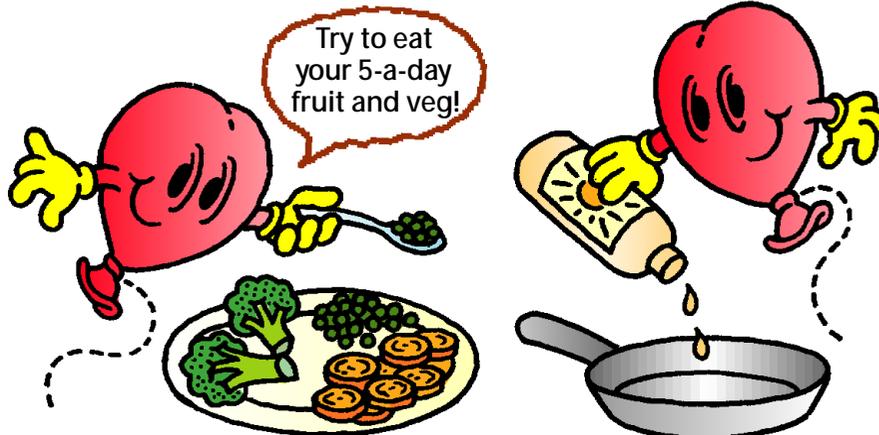
# Artie Beat's Nutrition and Food Notes

Artie Beat has some special messages about healthy ingredients and how they can be used in your cooking. Wherever there is a choice, remember the simple message is to go for the low fat option to keep your heart healthy



## Fruit and vegetables

Fruit and vegetables are full of vitamins and minerals, and we should all aim to eat at least 5 portions every day. That may sound a lot, but a portion means just 2 big spoonfuls of fresh vegetables such as broccoli, leeks, peas or carrots. With fruit it may mean a small bunch of grapes, a fresh peach, apple or slice of melon or 3 big spoonfuls of tinned pineapple.



## Milk

Milk is especially nourishing for children because it is so rich in calcium. Calcium is essential for building strong bones and long-lasting teeth. All types of milk are rich in calcium but they contain different amounts of fat. Full-fat (whole) milk contains more fat than the other types, so choose semi-skimmed or skimmed milk whenever you can, to get all of the calcium but less of the fat.

**Note: under the age of 2, children should only be given whole milk and between 2 and 5 years, whole or semi-skimmed milk.**

## Oil, eg. olive oil, sunflower oil

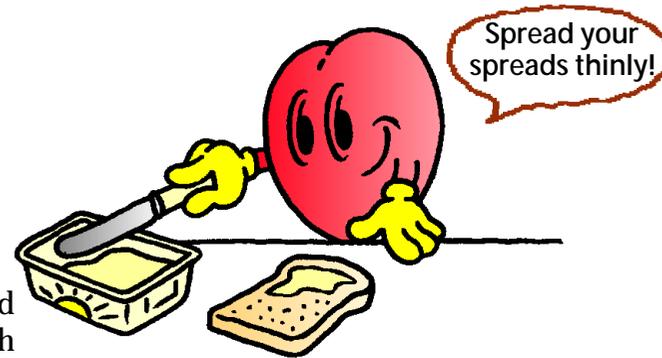
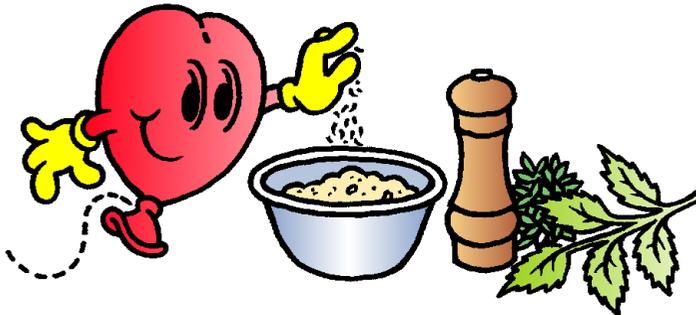
Most cooking oils are better for your heart than butter because they contain vegetable fat, rather than animal fat. Choose olive oil, rapeseed oil or sunflower oil to use in your recipes. Olive oil and rapeseed oil are rich in monounsaturated fats and sunflower oil is rich in polyunsaturated fats. These are the 'healthier' types of fat for your heart.

## Spreading fats eg. low fat spread, margarines high in unsaturated fats

When you use spreads, margarines or butter on your bread or in a recipe, the less you use the better it is for your heart. Sometimes you don't even need to use spread if your sandwich is full of juicy ingredients. Butter is rich in saturated fat, which can be harmful to the heart. The best choices are monounsaturated or polyunsaturated margarines or low fat spreads. But remember that they still contain quite a lot of fat, so spread thinly.

## Salt

Salt can make our blood pressure rise and therefore be harmful for our hearts and heads! It is best to avoid using salt in recipes where possible. Use pepper, herbs and spices instead to add flavour to your food. If a recipe includes salt, use a very tiny amount and avoid adding salt to your food at the table.



## Sugar

Added sugar can cause tooth decay. Sweetness is best obtained from naturally sweet foods like fruits, fruit juices and dried fruits. Honey is very similar to sugar and can cause just the same problem to your teeth.

**Note: recipes that include honey should not be eaten by children under the age of 12 months due to a small risk of bacterial infection.**

## Nuts

**Please note, some of the recipes in this bok contain nuts which may cause an allergic reaction Nuts are not suitable for under 5 year olds because of the risk of choking.**

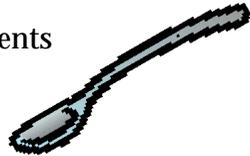
# Cookery Notes

Both metric and imperial measurements have been given in all recipes. Use one set of measurements only and not a mixture of both, as they are not interchangeable. Carefully weigh out or measure all the ingredients before you make a start on the recipe.

Standard level spoon measurements are used in all recipes.

1 tablespoon = one 15ml spoon

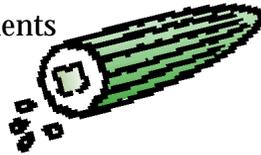
1 teaspoon = one 5ml spoon



In some of the recipes we may have used terms which you may not be familiar with. Here is a brief explanation of some of those terms:

## Chill

To make prepared food/dishes or ingredients cold by placing them in a refrigerator.



## Deseed

To remove and throw away the seeds from vegetables such as peppers, chillies and cucumbers.

## Dice

To cut food into small cubes.

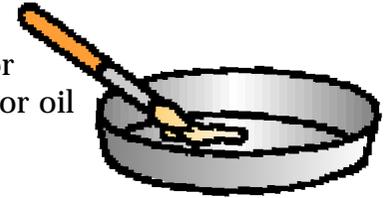


## Dust

To sprinkle or coat food lightly with flour, icing sugar, etc.

## Grease a tin

To lightly brush a cake tin or dish with melted margarine or oil to minimise sticking.

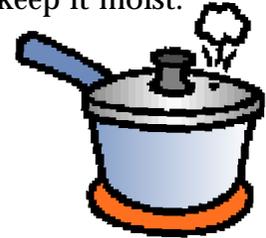


## Marinade

A sharp and tasty liquid - usually a mixture of wine, cider, vinegar or fruit juice, herbs or spices and oil. Food such as raw meat or poultry is left to soak for several hours in a marinade, before cooking, to soften and impart flavour. The marinade may also be used to spoon over the food during cooking to keep it moist.

## Simmer

To keep a liquid bubbling gently at just below boiling point.



## Stir-fry

To cook small, even-sized pieces or strips of food rapidly in a little hot oil, usually in a wok, tossing and stirring the food constantly over a high heat.

## To Stone

To remove stones from fruits such as peaches, nectarines and apricots.



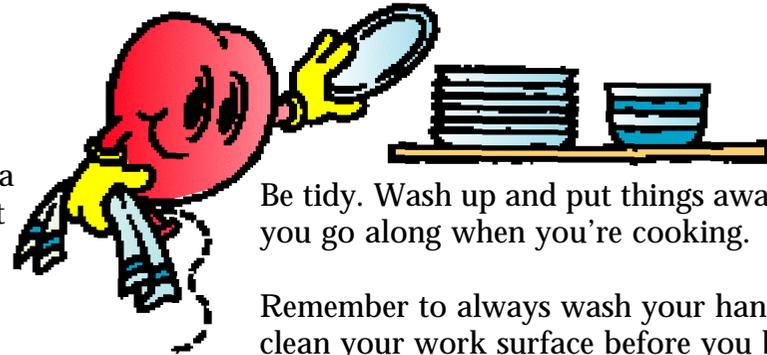
# Before you start..

All the ideas for the recipes in this cookbook have been sent in by children. We have adapted them to bring you a selection of fun and healthy dishes that you can create at home.

**Working in the kitchen is fun, but there are a few important things to remember before you start**

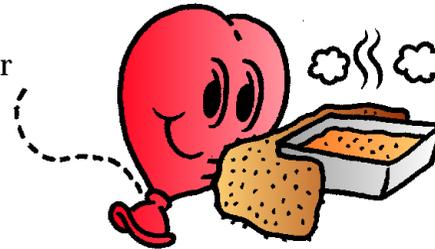
You will **always** need an adult to help you make these recipes in your own kitchen at home. If you are making these recipes at school, make sure that a teacher or other adult is with you to help. This is especially important when doing things such as chopping, cutting, blending, frying and using the cooker.

**Take extra care when using a sharp knife, or if you're not sure, ask an adult to chop the food for you.**



Be tidy. Wash up and put things away as you go along when you're cooking.

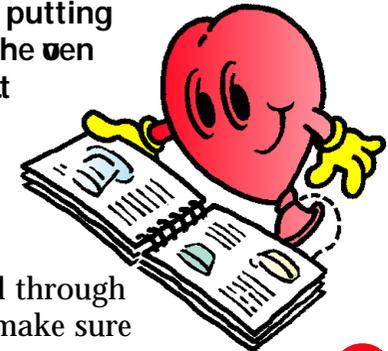
Remember to always wash your hands and clean your work surface before you begin to prepare and cook any recipe. Put an apron on before you start.



**Always wear oven gloves when putting food into and taking it out of the oven or when touching anything hot**

Put all hot pots and pans onto a trivet, mat or wooden board.

It is always a good idea to read through the recipe before you start, to make sure you have everything you need.



# Soups & Snacks

## Maria's Chicken & Vegetable Soup

★ TOP PRIZEWINNER

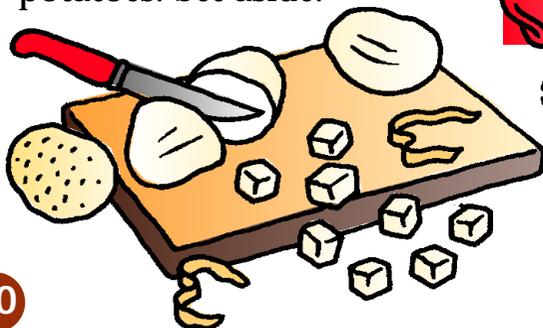
Maria Morton aged 4 from Sheffield

**Serves 6**

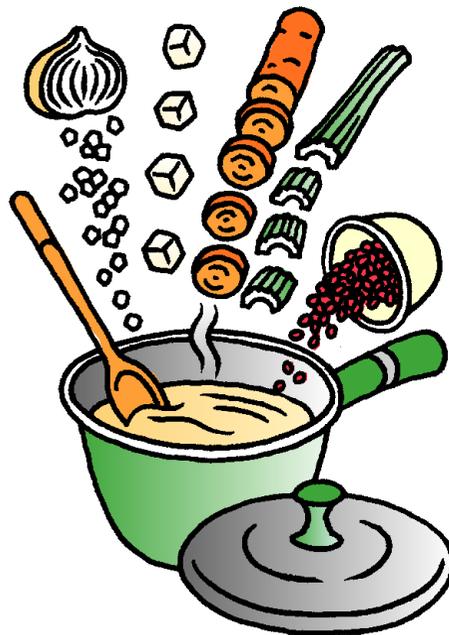
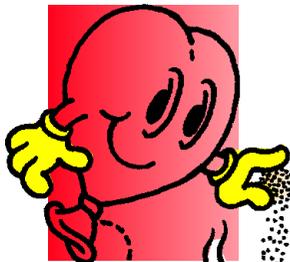
### You will need:

- 450g (1lb) potatoes
- 1 chicken stock cube
- 1 teaspoon dried mixed herbs
- 115g (4oz) split red lentils
- 2 carrots, thinly sliced
- 1 onion, chopped
- 2 sticks celery, chopped
- 225g (8oz) cooked skinless boneless chicken, diced

**1** Peel and dice the potatoes. Set aside.



**2** Make the chicken stock. Pour 850ml (1½ pints) boiling water into a jug. Crumble in stock cube and stir until dissolved. Add herbs.



**3** Put the lentils and prepared vegetables into a large saucepan with the stock. Cover, bring to the boil, then simmer for 15 minutes, stirring occasionally.



**4** Stir in chicken. Simmer for another 5 minutes, or until chicken is hot. Ladle into soup bowls. Serve with crusty bread.

# Soups & Snacks

## Spicy Carrot & Lentil Soup

Rebekah Porter aged 11 from Cookstown

You will need:

- 2 teaspoons vegetable oil
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 2 carrots, coarsely grated
- 55g (2oz) split red lentile

Serves 6



**1** Heat oil in a saucepan. Add onion and celery and cook until soft, stirring.

**2** Add carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix.

**3** Cover, bring to the boil, then simmer gently for 15-20 minutes or until carrots and lentils are soft, stirring occasionally.

**4** Ladle into soup bowls.

Serve hot with fresh crusty bread.

# Soups & Snacks

## Stuffed Tomatoes

Adam O'Connor aged 4 from Stockton

**Serves 2**

You will need:

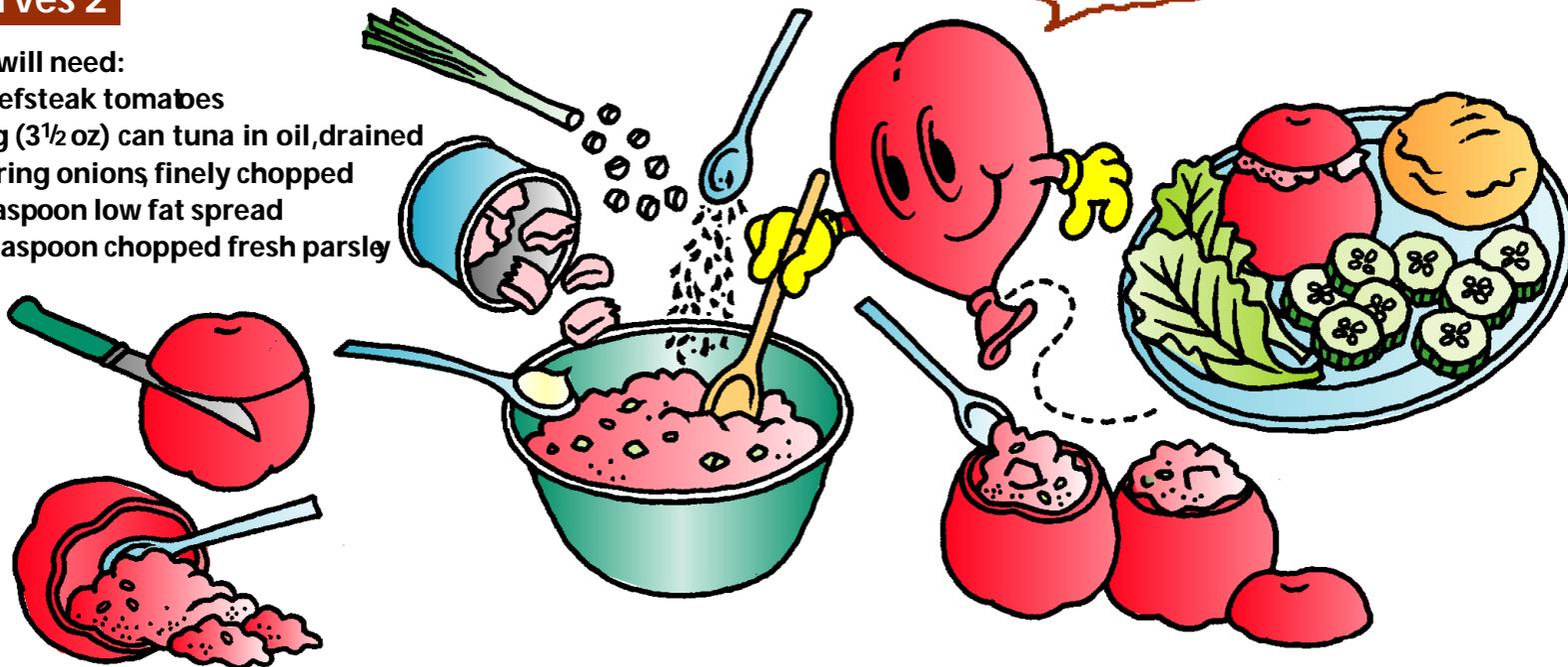
2 beefsteak tomatoes

100g (3½ oz) can tuna in oil, drained

2 spring onions finely chopped

1 teaspoon low fat spread

½ teaspoon chopped fresh parsley



**1** Cut tops off tomatoes and scoop out the flesh.

**2** Chop tomato flesh and mix thoroughly with all the other ingredients in a bowl, to make the filling.

**3** Spoon filling back into the tomatoes and replace the tops. Serve with lettuce, cucumber and bread rolls.

# Soups & Snacks

## Crunchy Dip

Rima Edwards aged 3 from Telford

This recipe will serve as many or as few as you wish. Simply serve enough yogurt, vegetables and dried fruit to suit your hunger!

You will need:

carrots

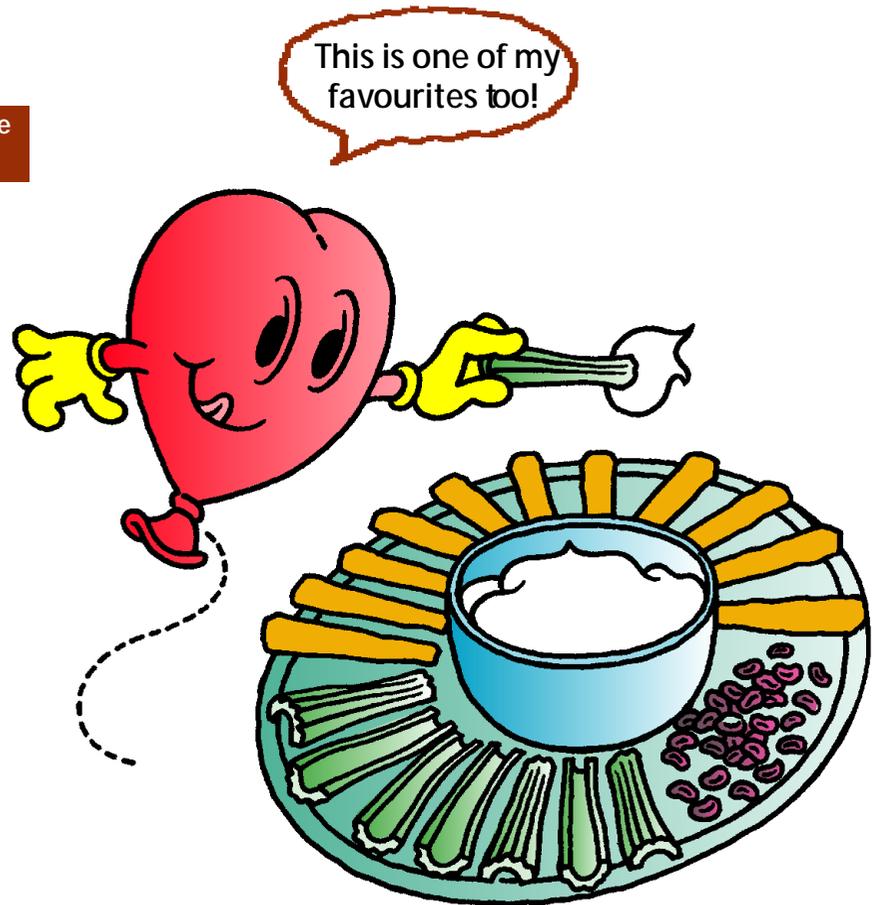
celery

raisins or currants

low fat natural yoghurt



Rima's favourite snack is when her Mummy chops up some peeled carrots and celery into small sticks, and arranges them on a plate with some juicy raisins or currants. She then gives her a small bowl of yummy natural yoghurt to dip them in. It's fun and tastes good too!



# Soups & Snacks

## Raita

Ayesha Muddassir aged 10 from Gillingham

### Serves 2

You will need:

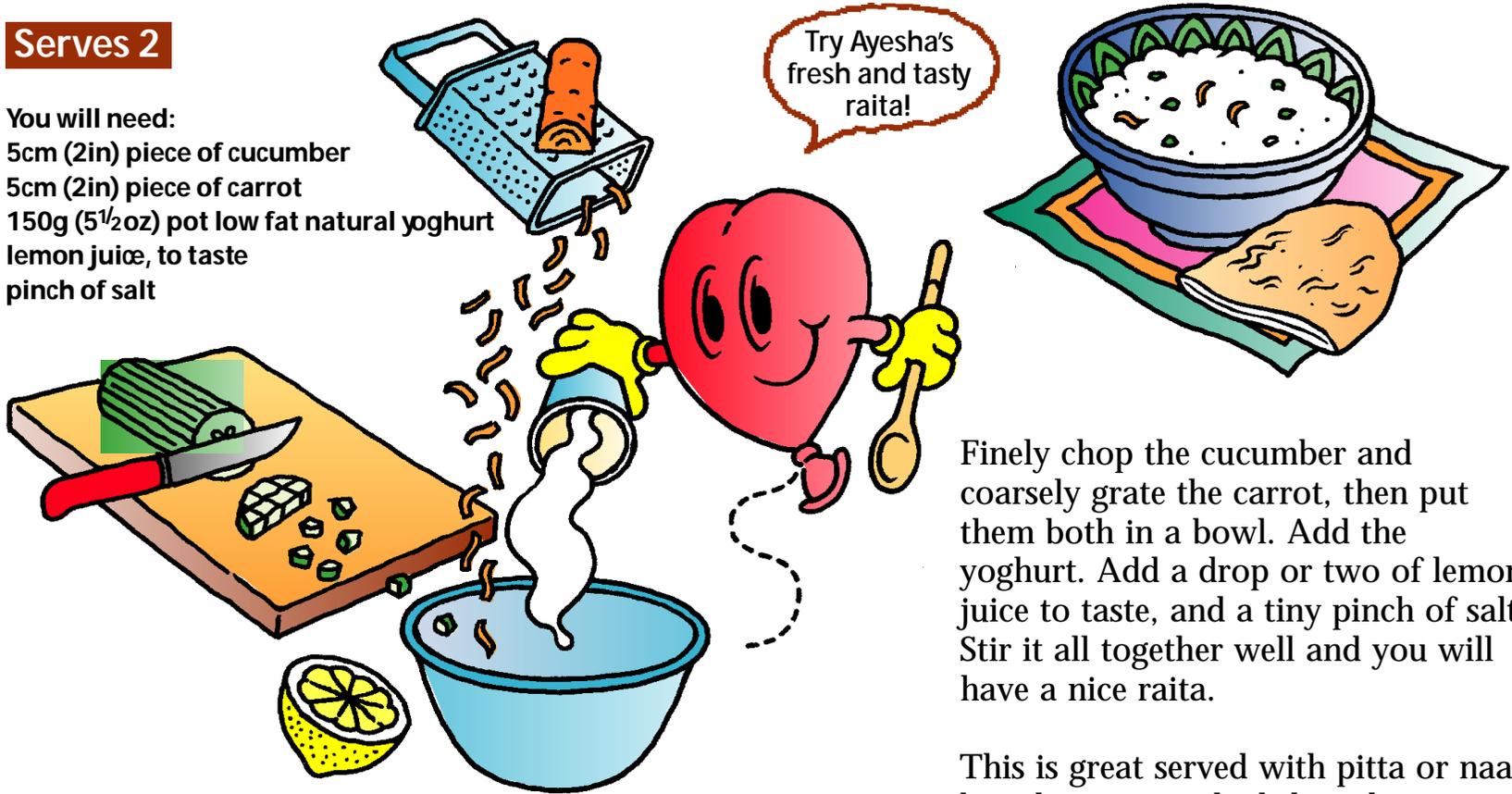
5cm (2in) piece of cucumber

5cm (2in) piece of carrot

150g (5½oz) pot low fat natural yoghurt

lemon juice, to taste

pinch of salt



Finely chop the cucumber and coarsely grate the carrot, then put them both in a bowl. Add the yoghurt. Add a drop or two of lemon juice to taste, and a tiny pinch of salt. Stir it all together well and you will have a nice raita.

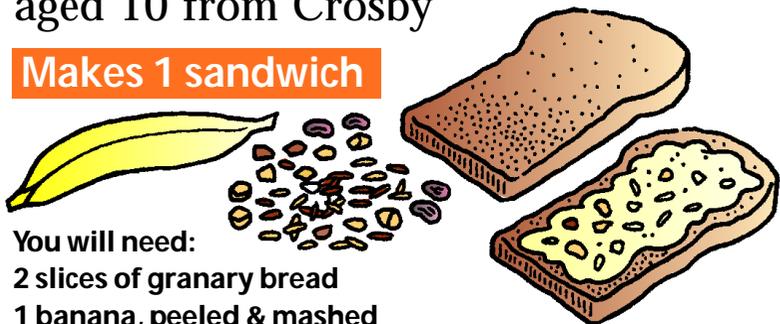
This is great served with pitta or naan breads or as a side dish with a curry.

# Sandwiches

## Banana & Bits Toasted Sandwich

Mark Raywood ☆ TOP PRIZEWINNER  
aged 10 from Crosby

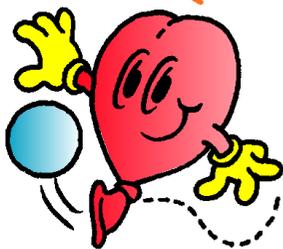
Makes 1 sandwich



You will need:

- 2 slices of granary bread
- 1 banana, peeled & mashed
- handful of raisins
- pinch of sunflower & pumpkin seeds
- pinch of pine nuts
- pinch of chopped brazil nuts

Mark says this gives him lots of energy to play football!



Toast the bread on both sides. Mix the banana, raisins, seeds and nuts together and spread over one slice of toast. Top with other slice of toast, cut in half and serve.

**CAUTION!** This recipe contains nuts which may cause an allergic reaction. Nuts are not suitable for under 5 year olds because of risk of choking

## Pickled Sandwich

Samuel Treharne aged 9  
from Swansea

Makes 1 sandwich

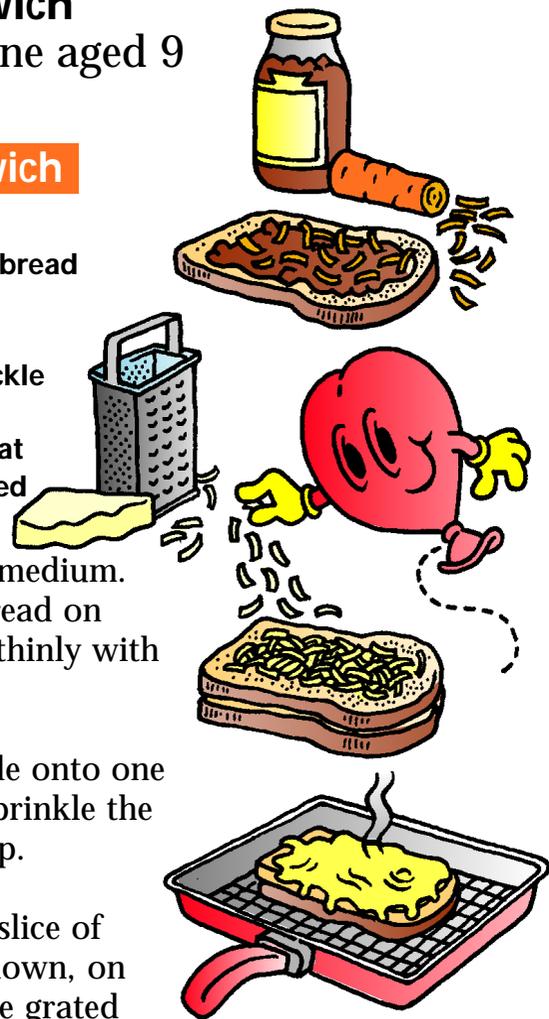
You will need:

- 2 slices of wholemeal bread
- a little low fat spread for spreading
- 2 teaspoons fruity pickle
- 1 carrot, finely grated
- 40g (1½oz) reduced-fat cheddar cheese, grated

**1** Preheat grill to medium. Lightly toast the bread on both sides. Spread thinly with low fat spread.

**2** Spread the pickle onto one slice of toast and sprinkle the grated carrot on top.

**3** Place the other slice of toast, spread-side down, on top and sprinkle the grated cheese over the toast. Grill until cheese melts. Serve.



# Sandwiches

## Banana & Honey Sandwich

Jordan Swaby aged 3 from Leighton Buzzard

### Makes 1 sandwich

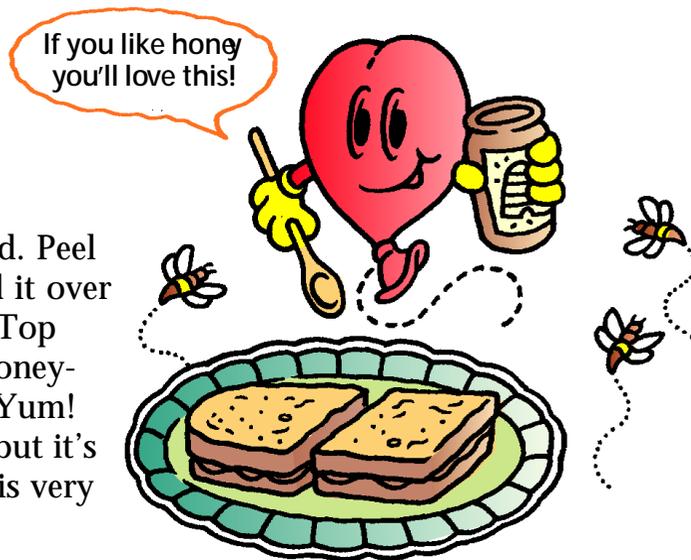
You will need:

honey, for spreading

2 slices of wholemeal bread

1 banana

Spread a little honey on the bread. Peel and mash the banana and spread it over the honey on one slice of bread. Top with the second slice of bread, honey-side down, cut in half and serve. Yum! Jordan's sandwich seems simple but it's full of energy and goodness and is very easy to make.



## Bean & Cheese Toasties

Heather Rooney aged 10 from Johnstone

### Serves 4

You will need:

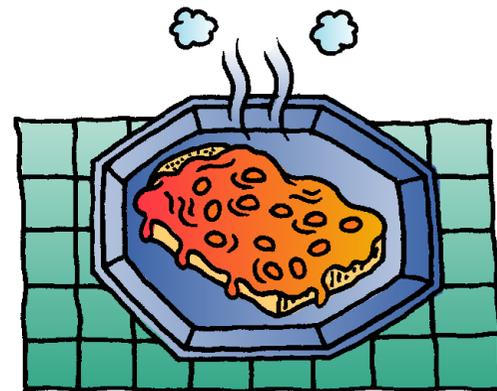
425g (15oz) can baked beans

115g (4oz) reduced-fat cheddar cheese, grated

1 tablespoon tomato purée

4 thick slices of bread

Preheat grill to medium. Put the beans, cheese and tomato purée in a bowl and mix well. Lightly toast bread on both sides. Spread the bean mixture on toast. Grill until cheese melts. Serve.



Try wholemeal or granary bread to be especially healthy! No need for margarine because the topping is so juicy and tasty!

# Sandwiches

## Tasty Toasties

Zoe Smith aged 8 from Neath

Makes 2 toasties

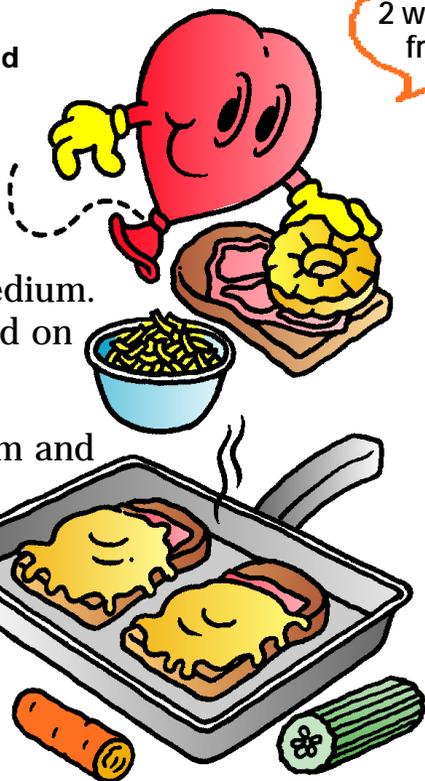
You will need:

- 2 slices of wholemeal bread
- 2 slices of lean ham
- 2 pineapple rings
- 55g (2oz) reduced-fat cheddar cheese, grated

**1** Preheat grill to medium. Lightly toast the bread on both sides.

**2** Place a slice of ham and a pineapple ring onto each slice of toast and sprinkle grated cheese on top. Grill until the cheese melts.

Serve with chunks of cucumber and carrot.



## Stuffed Pitta

Daniel Millard aged 8 from Neath

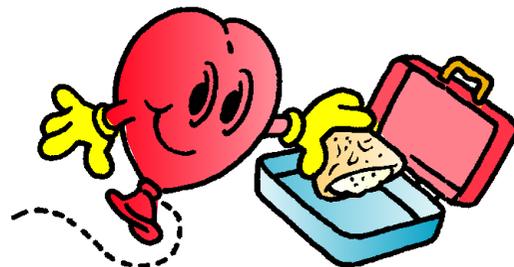
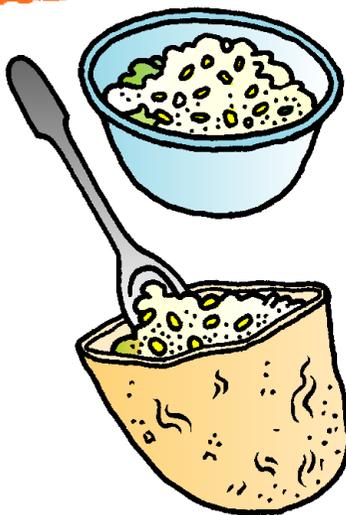
Makes 4 filled pitta halves



You will need:

- 115g (4oz) cooked brown rice
- 85g (3oz) cottage cheese
- 3 spring onions, chopped
- 85g (3oz) canned sweetcorn kernels, drained
- 25g (1oz) lettuce, shredded
- 1 tablespoon chopped fresh chives
- freshly ground black pepper to taste
- 2 pitta breads

2 wizard recipes from Wales!



In a bowl, mix together rice, cottage cheese, spring onions, sweetcorn, lettuce, chives and black pepper. Cut each pitta bread in half crossways and open each half into a pocket. Fill with rice mixture. Perfect and delicious for your school lunchbox.

# Sandwiches

## Traffic Lights Sandwiches

Rhian Thomas aged 10 from Swansea

Makes 2 sandwiches

**1** Thinly spread bread slices with margarine. Cut 3 holes in the top of 2 slices of bread using a small round biscuit cutter.

**2** Place the other 2 slices of bread on a plate, margarine-side up, and place 2 cheese or ham slices on top of each.

**3** Layer fillings on top of cheese or ham so that the tomato shows through the top hole, the yellow pepper shows through the middle hole and the lettuce shows through the bottom hole.

**4** Place one cut-out bread slice, margarine-side down, on top of each. Your traffic lights are ready to serve!

You will need:

4 large slices of white bread

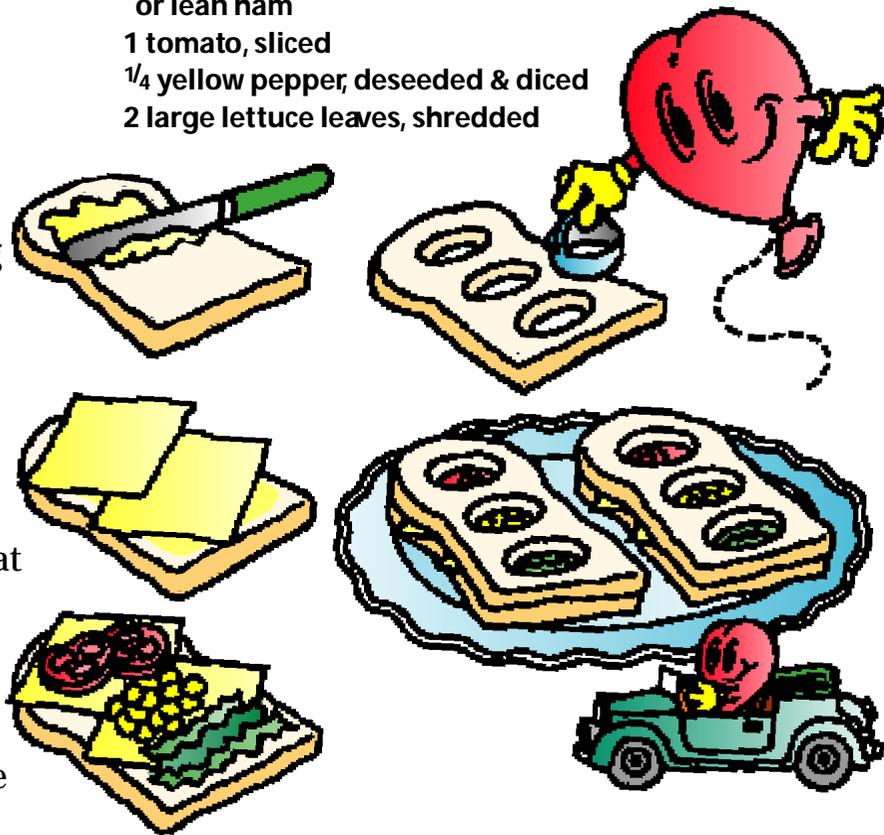
2 teaspoons polyunsaturated margarine

4 slices of reduced-fat cheddar cheese  
or lean ham

1 tomato, sliced

$\frac{1}{4}$  yellow pepper, deseeded & diced

2 large lettuce leaves, shredded



Tip - did you know that orange, red and yellow fruit and vegetables are very healthy for your heart?

# Main Courses

## Meat Kebabs ☆ TOP PRIZEWINNER

Christine Causey aged 10 from Cookstown

### Makes 6 kebabs

#### You will need:

- 350g (12oz) skinless, boneless chicken breast
- lean pork or lean beef
- 1 red pepper, deseeded
- 1 small onion
- 2 courgettes
- 12 button mushrooms
- 2 tablespoons olive oil

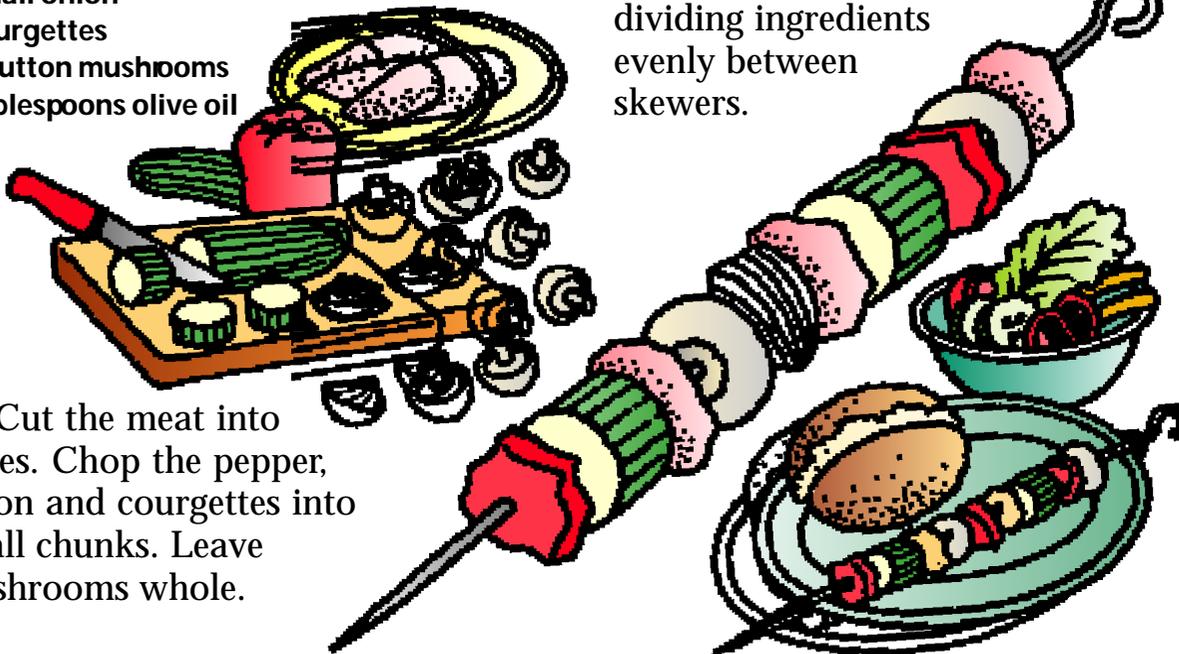
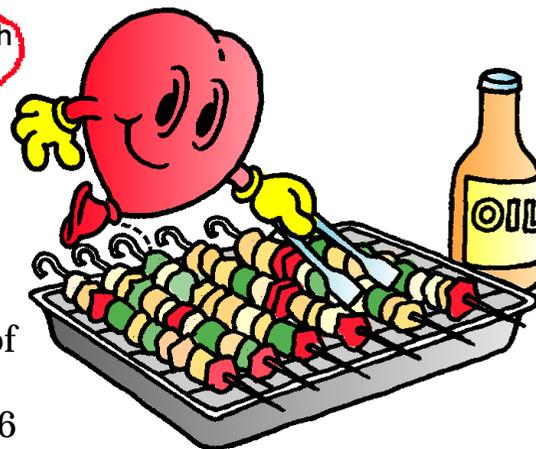
**1** Cut the meat into cubes. Chop the pepper, onion and courgettes into small chunks. Leave mushrooms whole.

**2** Thread cubes of meat, chunks of vegetables and mushrooms onto 6 metal skewers, dividing ingredients evenly between skewers.

**3** Preheat grill to high. Brush kebabs with oil. Grill or barbecue for 15-20 minutes, or until chicken is cooked, turning and brushing with oil occasionally.

Delicious served with baked potatoes or crusty bread and salad.

Be careful with hot skewers!



# Main Courses

## Chicken Potato Topper

Sarah Davies aged 9 from Neath

**Serves 4**

You will need:

2 teaspoons sunflower oil

1 onion, chopped

1 fresh green chilli, deseeded & finely chopped

350g (12oz) skinless boneless chicken breasts cut into thin strips

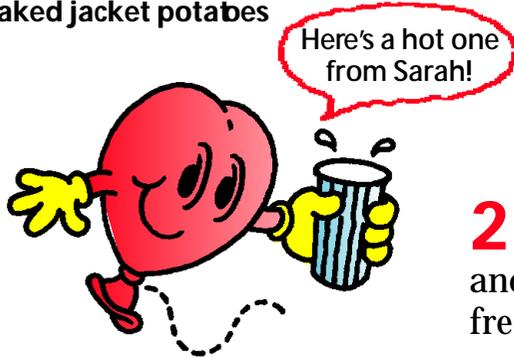
175g (6oz) cooked kidney beans

350g (12oz) tomatoes, skinned, deseeded & chopped

2 tablespoons tomato purée

½ teaspoon chilli powder

4 baked jacket potatoes



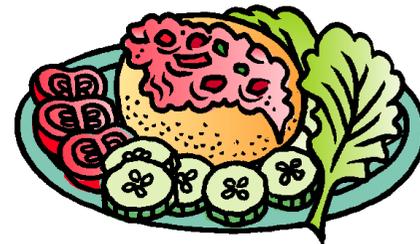
**1** Put the oil, onion and chilli in a non-stick saucepan and cook for 5 minutes, stirring occasionally.



**2** Add chicken and cook for another 5 minutes, stirring frequently.

**3** Add beans, tomatoes, tomato purée and chilli powder. Stir together, cover and simmer for about 10 minutes, or until chicken is cooked, stirring occasionally.

**4** Cut each jacket potato open and top with some chicken mixture.



Serve with salad or vegetables.

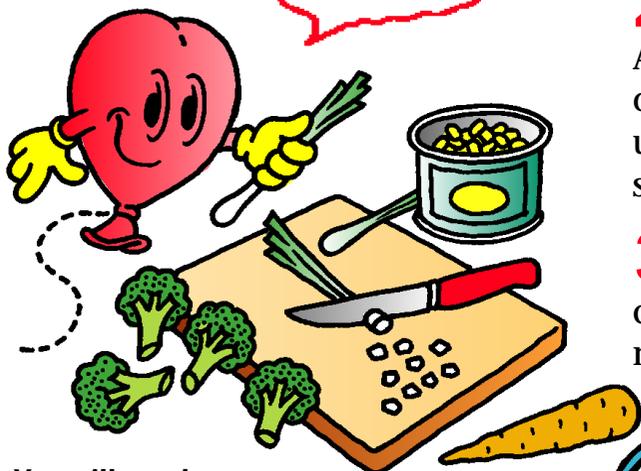
# Main Courses

## Ooodles of Noodles

Sarah Hopkins aged 8 from Liverpool

Serves 4

Noodles are fun and healthy too!



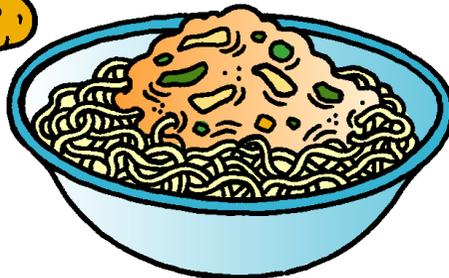
You will need:

- 2 skinless, boneless chicken breasts
- 2 teaspoons sunflower oil
- 55g (2oz) small broccoli florets, halved
- 55g (2oz) canned sweetcorn kernels, drained
- 1 large carrot, finely chopped
- 3 spring onions, chopped
- 6 tablespoons yellow bean sauce
- 175g (6oz) quick-cook noodles

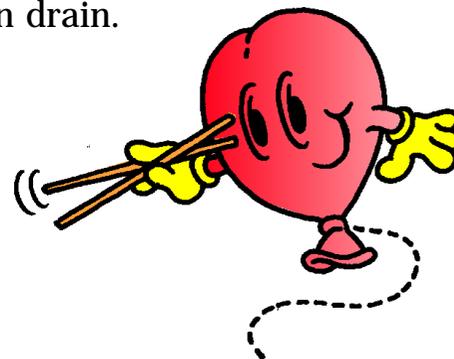
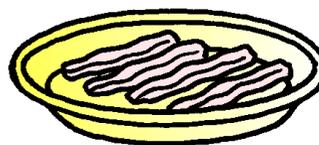
**1** Cut the chicken into thin strips.

**2** Heat oil in a wok or large frying pan. Add chicken and vegetables and stir-fry over a high heat for several minutes, or until chicken is cooked. Add yellow bean sauce and stir-fry until hot.

**3** Meanwhile, put noodles in a bowl and cover with boiling water. Leave for 4 minutes, or until cooked, then drain.



**4** Serve chicken and vegetables on top of noodles. Serve with fresh crusty bread.



# Main Courses

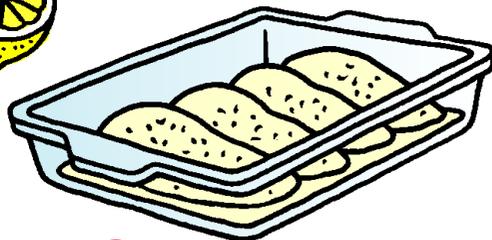
## Lemon Chicken

Katie Gorman aged 10 from Milton Keynes

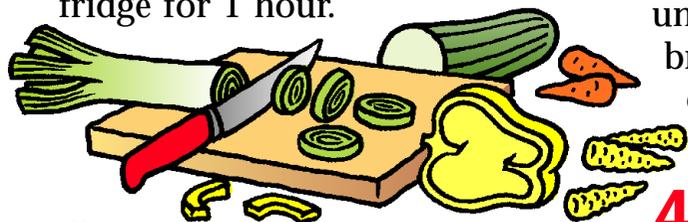
Serves 2



**1** Put lemon zest and juice, herbs, garlic purée and 1 tablespoon water in bowl and whisk to mix. Put chicken in shallow dish, pour over lemon mixture and turn chicken to coat all over. Cover and leave in fridge for 1 hour.



**3** Preheat grill to high. Remove chicken from marinade. Grill chicken for 15-20 minutes, or until cooked, turning and brushing with marinade occasionally. Keep hot.

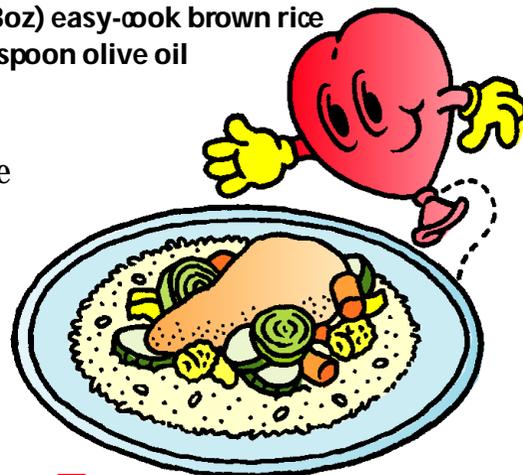


**2** Meanwhile, thinly slice the leeks, pepper and courgettes. Chop carrots and sweetcorn. Set aside.

**4** Meanwhile, cook the rice, drain and keep hot. Heat oil in a wok, add all the prepared vegetables and stir-fry over a high heat for 6-8 minutes, or until cooked to your liking.

You will need:  
finely grated zest & juice of 1 lemon  
1 teaspoon dried mixed herbs  
1 teaspoon garlic purée  
4 small skinless, boneless chicken breasts  
2 leeks, washed  
1 yellow pepper, deseeded  
2 courgettes  
115g (4oz) baby carrots  
115g (4oz) baby sweetcorn  
225g (8oz) easy-cook brown rice  
1 tablespoon olive oil

Mmm! Rice is nice!



**5** Put a circle of cooked rice on each plate. Top with a layer of stir-fried vegetables and place a grilled chicken breast on top. Serve.

# Main Courses

## Crunchy Fish

Alice Bell aged 9 from Bristol

**Serves 2**

You will need:

- 2 teaspoons polyunsaturated margarine
- 4 tablespoons fresh wholemeal breadcrumbs
- 2 tablespoons grated reduced-fat cheddar cheese
- pinch of cayenne pepper
- 2 small cod steaks

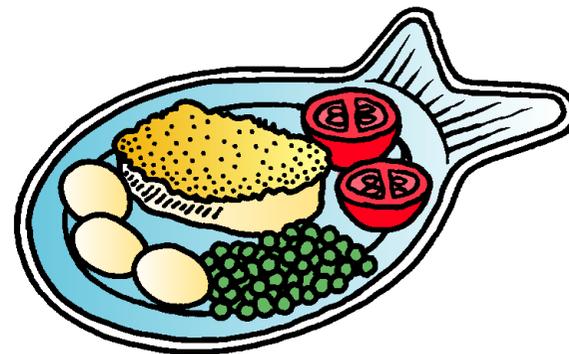
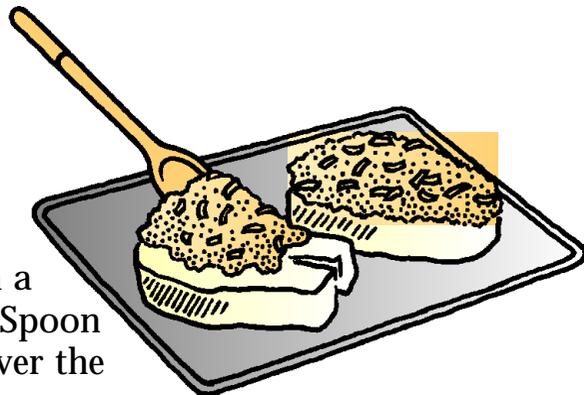
**1** Preheat oven to 180°C/350°F/gas mark 4.



**2** For the topping, melt margarine in a small pan. Remove pan from heat, then stir in breadcrumbs. Add cheese and cayenne pepper and mix well.



**3** Put cod steaks on a greased baking tray. Spoon the topping evenly over the top of the fish.



**4** Cook in oven for 15-20 minutes, or until fish is cooked and topping is golden and crunchy. Serve with boiled new potatoes and a green salad or vegetables.

# Main Courses

## Tuna Pasta

K. Morgan aged 11 from Hyde

Serves 4-6

You will need:

1 tablespoon olive oil

1 onion, finely chopped

2 cloves garlic, crushed

200g (7oz) can tuna in oil, drained

400g (14oz) can chopped tomatoes

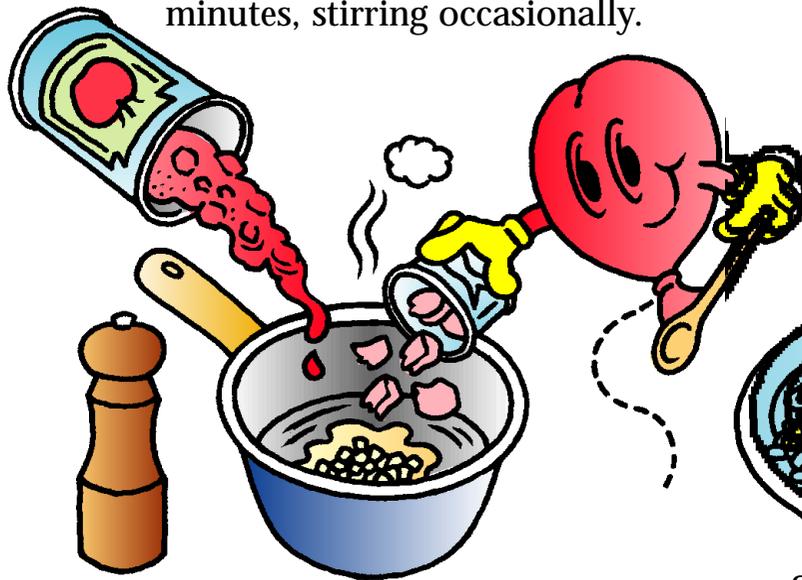
freshly ground black pepper to taste

350g (12oz) pasta shapes

**1** Heat the oil in a saucepan. Add onion and garlic and cook until soft, stirring occasionally.



**2** Add tuna, tomatoes and black pepper. Stir. Bring to the boil, then simmer gently for about 10 minutes, stirring occasionally.



**3** Meanwhile, cook the pasta, drain, then mix in the tuna sauce.



Serve with boiled peas and sweetcorn or a mixed salad.

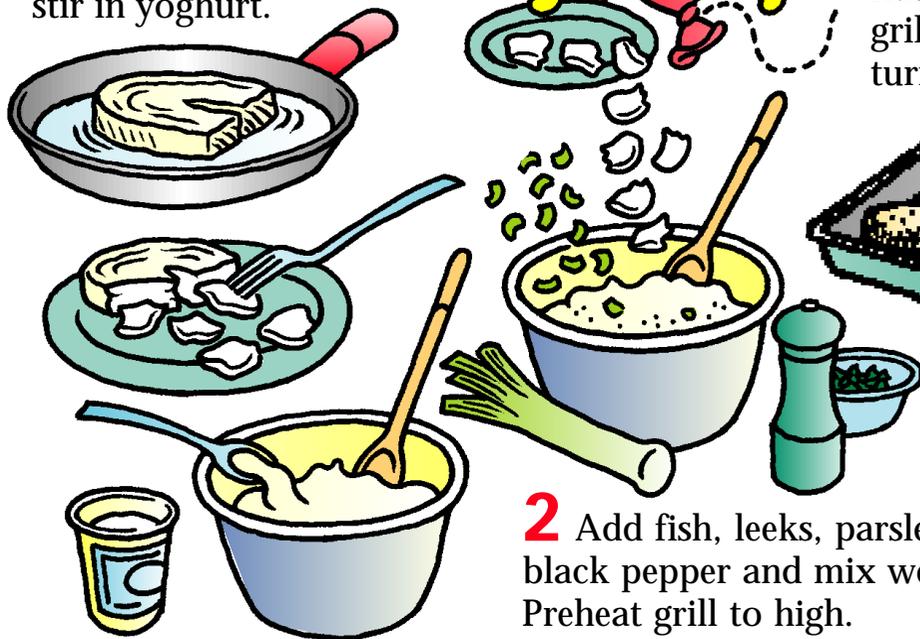
# Main Courses

## Leek Fish Cakes

Susie Maskell aged 11 from Birmingham

**Makes 8 fishcakes**

**1** Cook the fish in a little water, drain, then flake it with a fork. Mash potatoes, then stir in yoghurt.

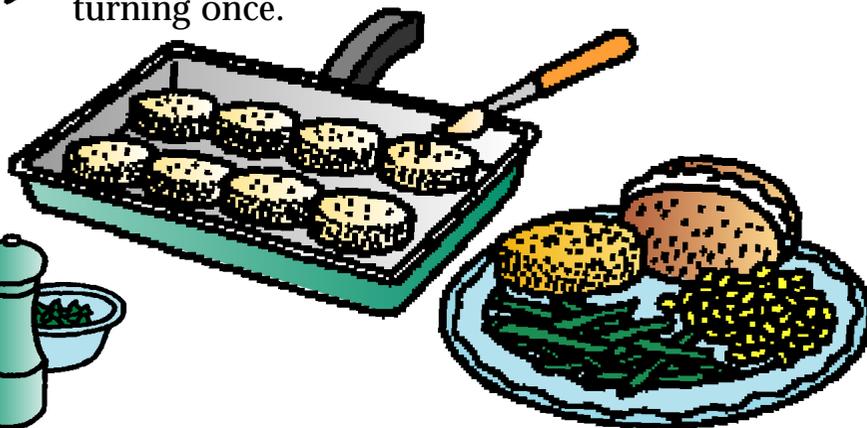


**2** Add fish, leeks, parsley and black pepper and mix well. Preheat grill to high.

You will need:

- 175g (6oz) skinless boneless, white fish fillet or fish steak, such as cod or haddock
- 2 baking potatoes, peeled, boiled & drained
- 2 tablespoons low fat natural yoghurt
- 115g (4oz) leeks, finely chopped steamed & drained
- 2 tablespoons chopped fresh parsley
- freshly ground black pepper to taste
- 2 tablespoons olive oil

**3** Cool the mixture slightly, then shape into 8 flat, round cakes. Brush lightly with olive oil and grill until cooked and golden brown all over, turning once.



Serve with cooked sweetcorn, green beans and baked potatoes or crusty bread.

# Main Courses

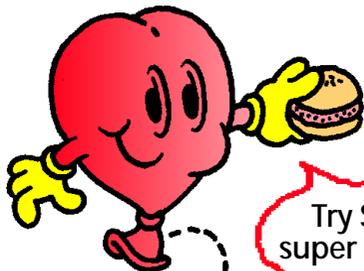
## Tuna Burgers ☆ TOP PRIZEWINNER

Sara Hopper aged 10 from Doncaster

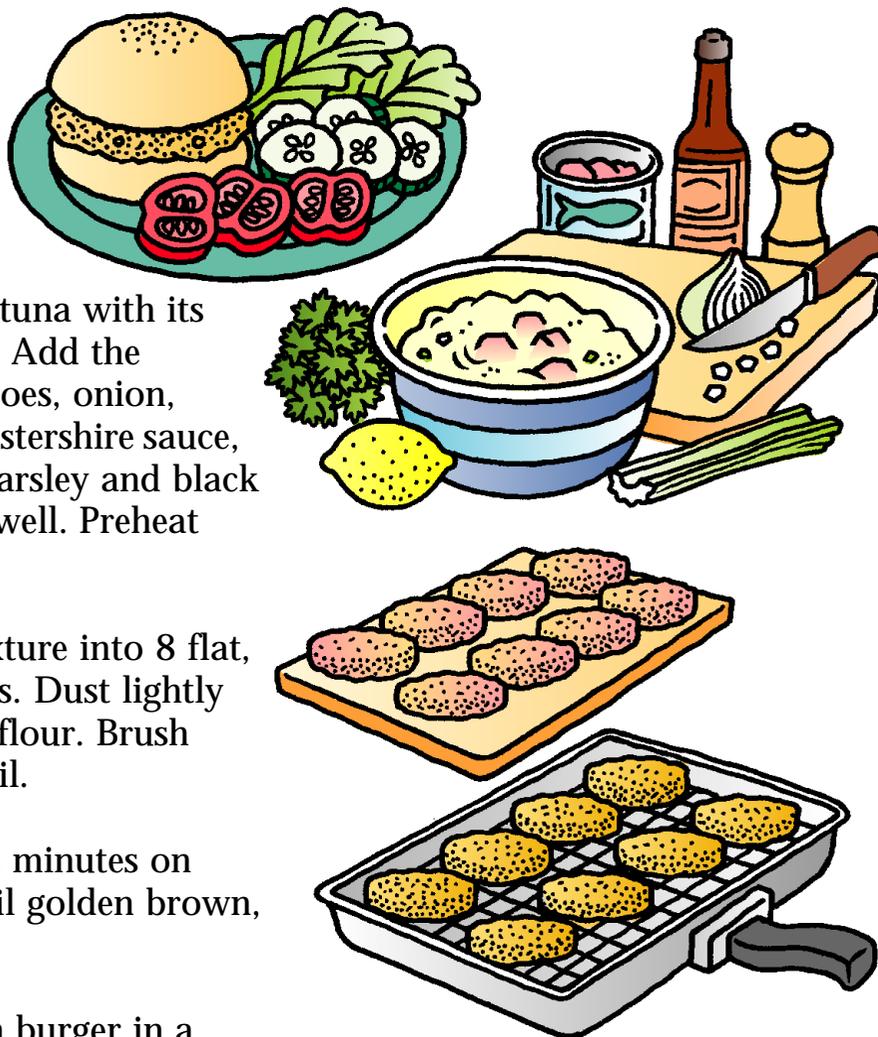
**Makes 8 burgers**

You will need:

- 200g (7oz) can tuna in oil
- 2 baking potatoes, peeled, boiled, mashed & cooled slightly
- 1 onion, finely chopped
- 1 stick celery, finely chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon finely grated lemon zest
- 1 tablespoon chopped fresh parsley
- freshly ground black pepper to taste
- plain flour, for dusting
- sunflower oil, for brushing



Try Sara's super burgers!



**1** Mash the tuna with its oil in a bowl. Add the mashed potatoes, onion, celery, Worcestershire sauce, lemon zest, parsley and black pepper. Mix well. Preheat grill to high.

**2** Shape mixture into 8 flat, round burgers. Dust lightly all over with flour. Brush lightly with oil.

**3** Grill for 6 minutes on each side until golden brown, turning once.

**4** Serve each burger in a burger bun with salad.

# Main Courses ☆ TOP PRIZEWINNER

## Tuna & French Bean Pasta Salad

Chris Ridler aged 11 from Glossop

**Serves 4**

You will need:

200g (7oz) pasta shells or bows

115g (4oz) French or green beans, trimmed & chopped

200g (7oz) can tuna in oil, drained

French dressing to drizzle

freshly ground black pepper to taste

shredded lettuce, to serve

1 tablespoon chopped fresh basil



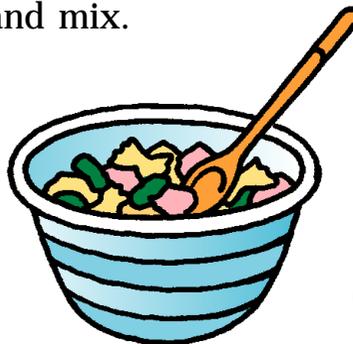
**1** Cook the pasta and beans in separate pans. Drain and cool.



**3** Drizzle a little dressing over salad. Add black pepper and toss to mix.

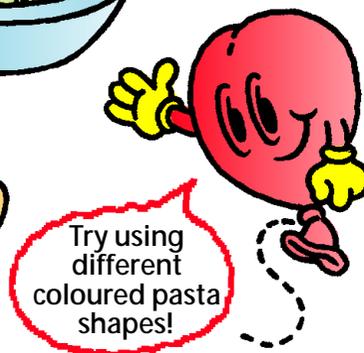
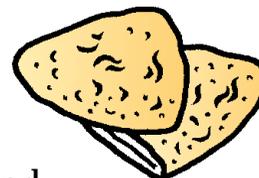
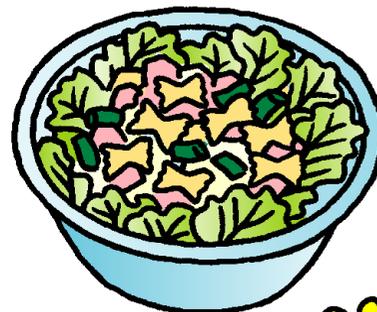


**2** Break tuna into chunks. Put tuna, pasta and beans in a bowl and mix.



**4** Put some lettuce in the bottom of a dish and spoon the pasta salad on top. Sprinkle with basil.

Serve with pitta bread.



# Main Courses

## Pasta & Mushroom Salad

Claire Kirkpatrick aged 11 from Portrush

**Serves 6**

**You will need:**

300g (10½ oz) pasta shapes, cooked, drained & cooled

200g (7oz) mushrooms, sliced

1 large red pepper, deseeded & diced

1 large green pepper, deseeded & diced

85g (3oz) reduced-calorie mayonnaise

55g (2oz) low fat natural yoghurt

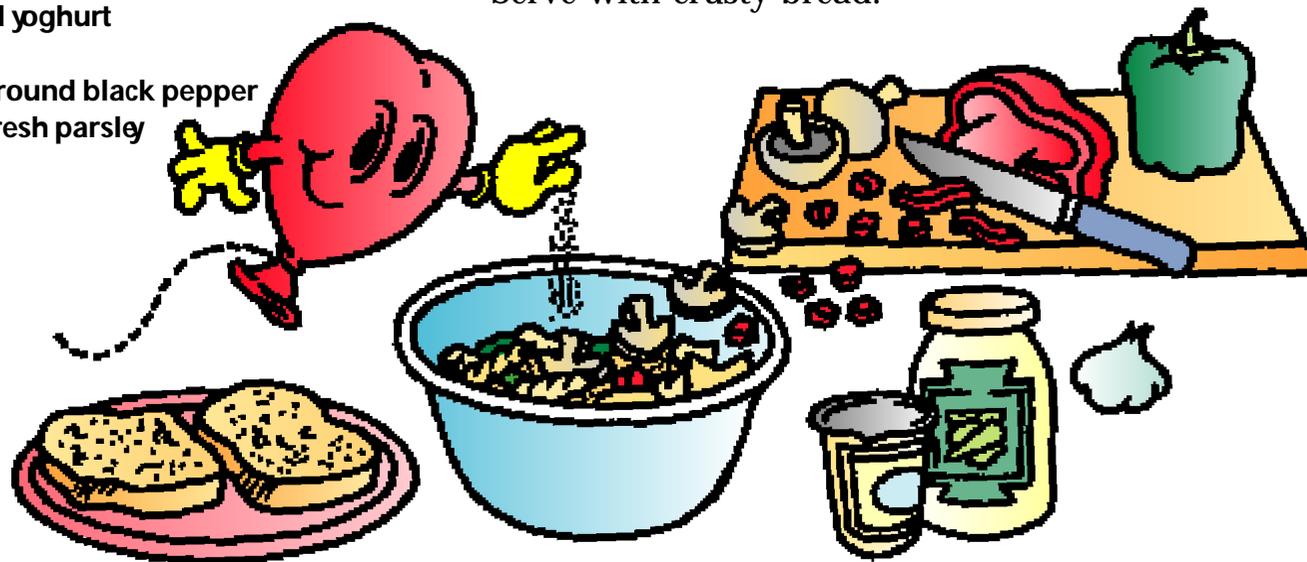
1 clove garlic, crushed

pinch of salt & freshly ground black pepper

1 tablespoon chopped fresh parsley

Place the pasta, mushrooms and peppers in a large bowl and stir. In a small bowl, mix the mayonnaise, yoghurt and garlic. Add to the pasta salad. Stir well, adding a tiny pinch of salt and pepper to taste. Sprinkle with chopped parsley.

Serve with crusty bread.



# Desserts

## Pear & Ginger Spice

☆ TOP PRIZEWINNER

Emma Pierce Owen aged 4 from Anglesey

Serves 4-6

You will need:

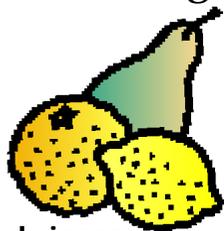
1 large orange

1 lemon

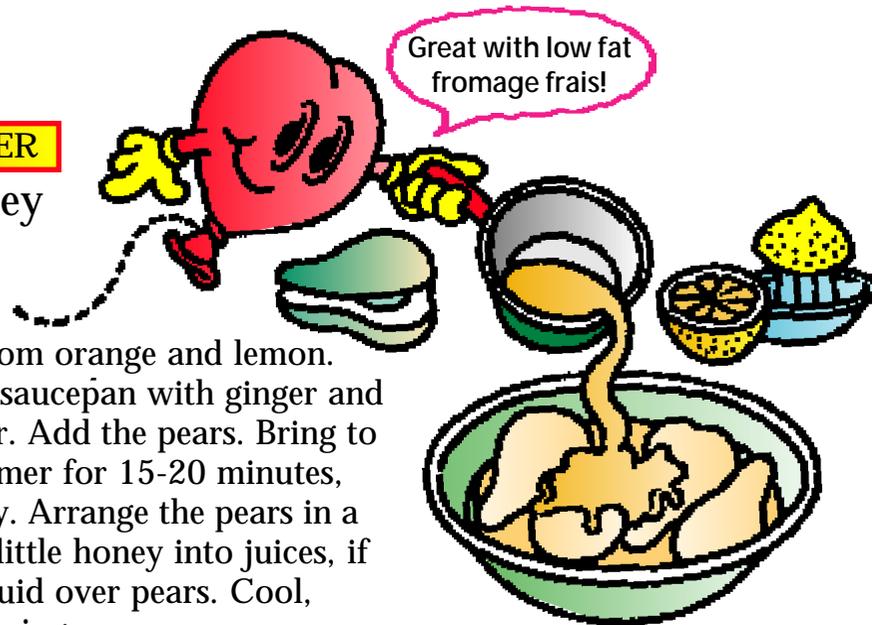
¼ teaspoon ground ginger

450g (1lb) pears, peeled, halved & cored

a little honey, to taste (optional)



Squeeze the juice from orange and lemon. Strain and put in a saucepan with ginger and 4 tablespoons water. Add the pears. Bring to boil, cover and simmer for 15-20 minutes, turning occasionally. Arrange the pears in a serving dish. Stir a little honey into juices, if liked, then pour liquid over pears. Cool, then chill before serving.



## Baked Bananas

Leah Palmer aged 4 from Haverford West

Serves 4

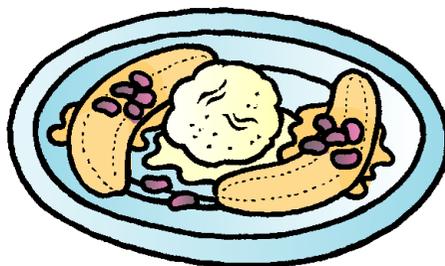
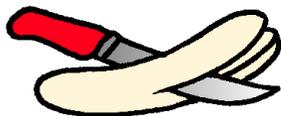
You will need:

4 bananas

55g (2oz) polyunsaturated margarine

¼ teaspoon ground nutmeg

2 tablespoons raisins



Preheat oven to 200°C/400°F/gas mark 6. Peel bananas and cut in half lengthways. Place banana halves in a shallow, ovenproof dish. Dot margarine all over bananas. Sprinkle nutmeg and raisins over the top. Cook in oven for 10 minutes, turning bananas over after 5 minutes.

Serve hot with low fat natural yoghurt, fromage frais or ice cream.

# Desserts

**CAUTION!** These two recipes contain nuts which may cause an allergic reaction. Nuts are not suitable for under 5 year olds because of risk of choking

## Yoghurt Glory

Zach Fraiss aged 9 from Leeds

Serves 2

You will need:

- 1 banana
- 150g (5½ oz) pot low fat strawberry yoghurt
- 150g (5½ oz) pot low fat natural yoghurt
- 15g (½ oz) hazelnuts, chopped



Peel and slice banana thinly. Spoon a little of the natural yoghurt into the bottom of 2 glasses, then top with some banana. Spoon a little strawberry yoghurt on top. Continue the layers in this way, until all the ingredients are used up, finishing with a layer of natural yoghurt. Sprinkle nuts on top. Serve.

## Banana Float

Lisa Ashcroft aged 11 from Burscough

Serves 1

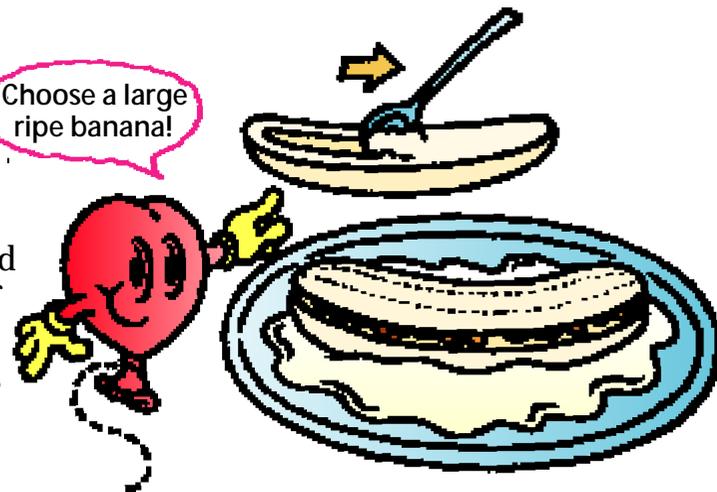
You will need:

- 1 large banana
- 25g (1oz) chopped nuts
- 25g (1oz) mixed dried fruit
- low fat plain fromage fraise to serve



Peel banana and cut in half lengthways. Scoop out and discard the middle of one half. Fill this half with nuts and dried fruit. Put the other banana half on top and 'float' the 'banana boat' in a 'sea' of fromage fraise on a plate. Serve immediately.

Choose a large ripe banana!



# Desserts

## Frozen Yummy Yoghurt

Adam Wheatley aged 8 from Liverpool

Serves 6-8

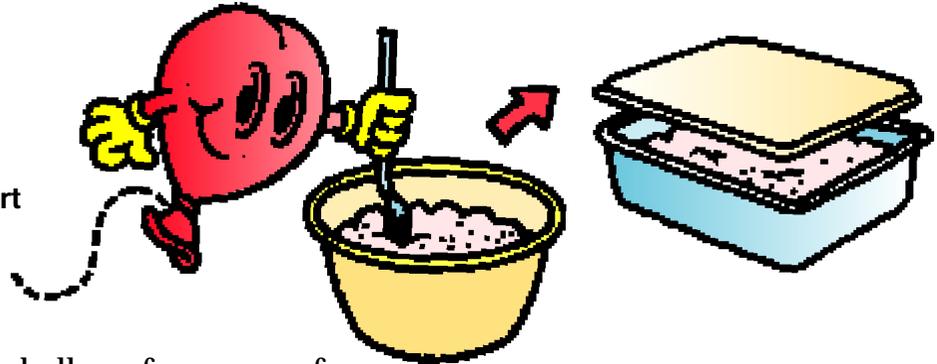
You will need:

- 350g (12oz) fresh ripe strawberries or raspberries
- 300ml (1½ pint) low fat strawberry or raspberry yoghurt
- 200ml (7fl oz) low fat natural yoghurt
- 55g (2oz) caster sugar

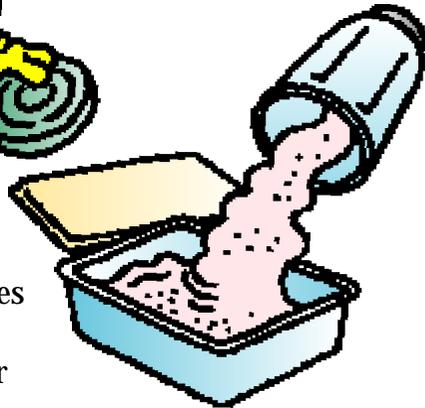


**1** Put strawberries or raspberries in blender and blend until smooth. Add yoghurts and sugar and blend until well mixed.

A cool and delicious treat!



**2** Pour into shallow, freezerproof container. Cover and freeze for 1½-2 hours, until mushy in consistency.



**3** Turn into a chilled bowl, mash with fork until smooth. Return to container. Cover and freeze until firm.



**4** Transfer to fridge 30 minutes before serving, to soften a little. Scoop some of the frozen yoghurt into dessert dishes. Take a taste! Yummy!

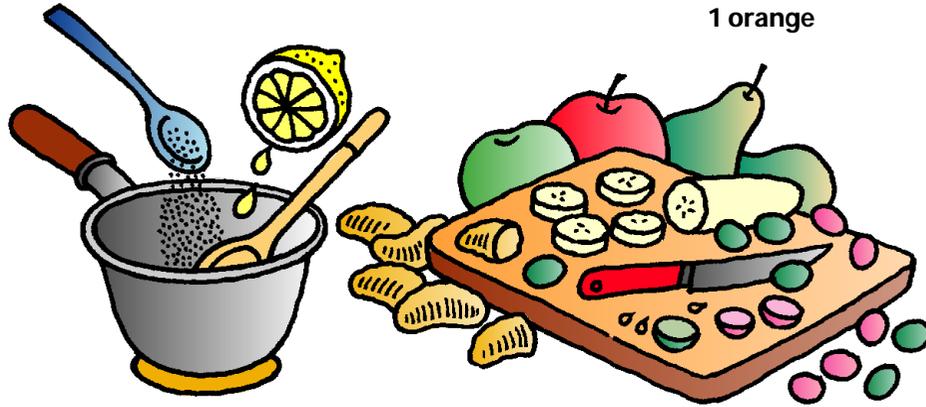
Serve with extra fresh fruit, if liked.

# Desserts

## Artie Beat's Classic Fruit Salad

**Serves 4**

So many of you sent in ideas for super fruit salads that we decided to include this simple recipe that's really delicious and to which you can add your own favourite, more exotic fruits if you like.



**1** Place sugar, lemon juice and 125ml (4fl oz) water in a saucepan and heat gently, stirring, until sugar dissolves. Bring to the boil and boil for 1 minute, then remove from heat and allow to cool.

**You will need:**  
2 tablespoons caster sugar  
2 tablespoons lemon juice  
small bunch of green grapes  
small bunch of red grapes  
1 red apple  
1 green apple  
2 pears  
1 banana  
1 orange

Make sure syrup covers all fruit. Add a little orange juice, if not.



**2** Wash fruit. Cut grapes in half and discard any seeds. Core and slice apples and pears. Peel and slice banana. Peel and segment orange.

**3** Put all the fruit into a bowl and pour over the cooled syrup. Stir to mix.

Serve chilled with low fat natural yoghurt or fromage frais. Classic!

Here's some of those who sent in fruit salad recipes:

Elliot Manson  
Mohammad Shciab  
Danielle Roney  
Jonathan Patterson  
Naomi Cottle  
William Williams  
Natasha Carter  
Steven Bate  
Christopher Hughes  
Hatel Chudasama  
Diane Fisher  
Colin Burton  
Tania Yousaf  
Marwa  
Emma Pepperell  
Paul Weir  
Farina Mazhar  
Stephanie McGee  
Fay Sambrook  
Keely  
Aqilah  
Naia  
Catherine  
Gregory Curtis  
Samantha Harris  
Jenny Gosling  
Catherine Summers  
Laura Thomas

# Cakes & Bakes

## Banana & Lemon Tealof

☆ TOP PRIZEWINNER

Matthew Williams aged 8 from Rhyl

Makes 10-12 slices

You will need:

- 115g (4oz) sunflower margarine
- 115g (4oz) light soft brown sugar
- 2 medium eggs
- 225g (8oz) self-raising flour
- ½ teaspoon baking powder
- 3 medium bananas
- finely grated zest of 1 lemon
- 175g (6oz) sultanas

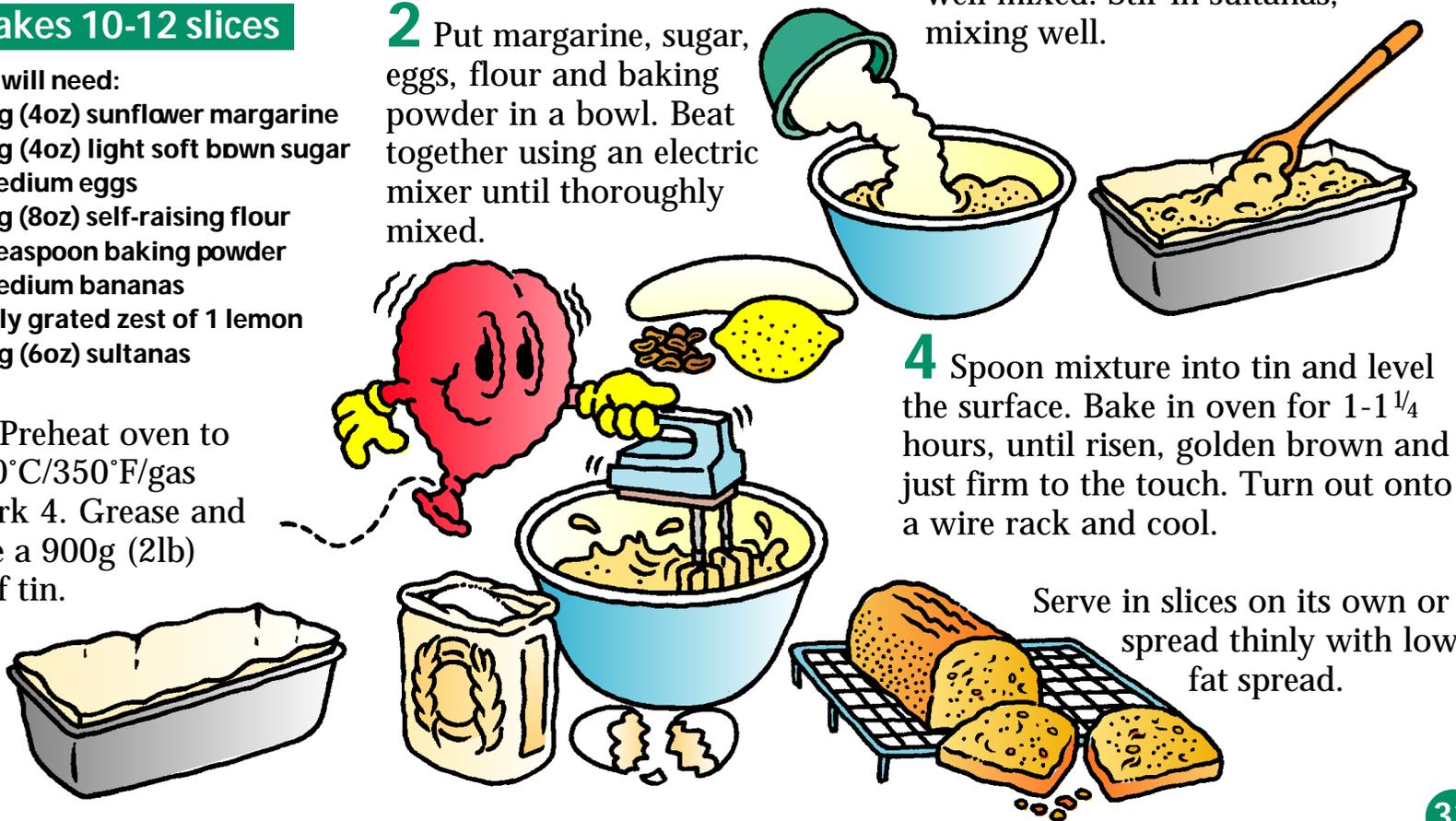
**1** Preheat oven to 180°C/350°F/gas mark 4. Grease and line a 900g (2lb) loaf tin.

**2** Put margarine, sugar, eggs, flour and baking powder in a bowl. Beat together using an electric mixer until thoroughly mixed.

**3** Peel and mash bananas. Add to cake mixture with lemon zest and beat until well mixed. Stir in sultanas, mixing well.

**4** Spoon mixture into tin and level the surface. Bake in oven for 1-1¼ hours, until risen, golden brown and just firm to the touch. Turn out onto a wire rack and cool.

Serve in slices on its own or spread thinly with low fat spread.



# Cakes & Bakes

**CAUTION!** This recipe contains nuts which may cause an allergic reaction. Nuts are not suitable for under 5 year olds because of risk of choking

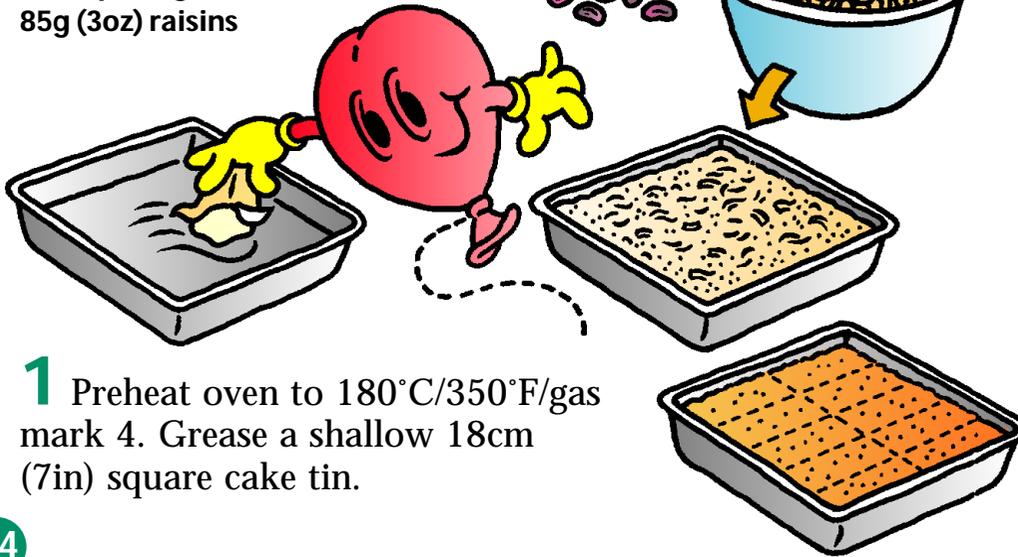
## Muesli Bars

Jayne McKelvey aged 10 from Castleberg

**Makes 8-10 bars**

You will need:

- 115g (4oz) polyunsaturated margarine
- 85g (3oz) light soft brown sugar
- 3 tablespoons golden syrup
- 140g (5oz) unsweetened Swiss-style muesli
- 85g (3oz) rolled oats
- 1 teaspoon ground cinnamon
- 85g (3oz) raisins

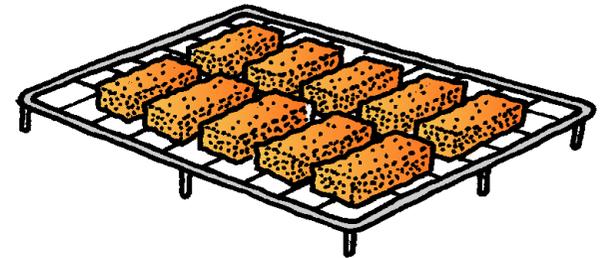


**1** Preheat oven to 180°C/350°F/gas mark 4. Grease a shallow 18cm (7in) square cake tin.

**2** Put margarine, sugar and syrup in a pan and heat gently until melted, stirring. Pour onto muesli and oats and mix well. Stir in cinnamon and raisins.

**3** Put mixture into tin and spread out evenly. Bake in oven for 20-30 minutes, until golden brown.

**4** Cool slightly in tin, then mark into bars. When firm, turn out of tin, cut into bars, then cool completely on a wire rack. Serve.



# Drinks

## Vitality Drink

Leoni Ashworth aged 9  
from Clitheroe

☆ TOP PRIZEWINNER

### Serves 2-3

You will need:

- 1 banana, peeled & sliced
- juice of 1 orange
- juice of 2 pink grapefruits
- 150g (5½oz) pot low fat natural yoghurt
- 1-2 tablespoons clear honey, to taste (optional)

Put the banana, fruit juices and yoghurt in a blender. Blend until smooth and well mixed, to make a super drink that's really full of vitality! Blend in honey to taste, if liked. Serve.



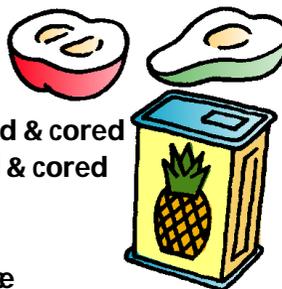
## Fruity Mania

James Webster  
from Leeds

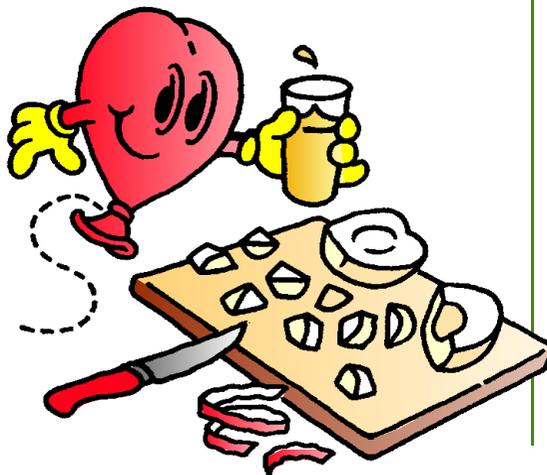
### Serves 1

You will need:

- ½ apple, peeled & cored
- ½ pear, peeled & cored
- 150ml (¼ pint) unsweetened pineapple juice



Chop the apple and pear into small pieces and put in a blender with the pineapple juice. Blend until well mixed. Serve and enjoy drinking your dream come true!



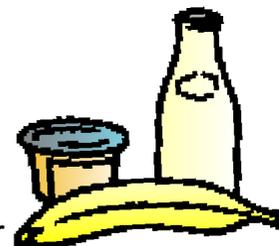
## Banana Milkshake

Amy Duckett  
aged 11 from Melksham

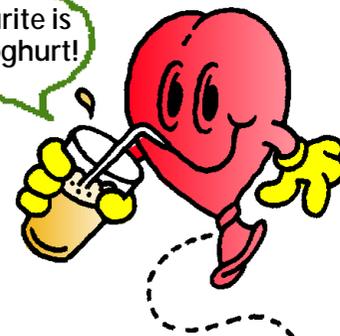
### Serves 2

You will need:

- 1 banana
- 150g (5½oz) pot low fat yoghurt or fromage frais (any flavour you like)
- 300ml (½ pint) semi-skimmed milk



My favourite is apricot yoghurt!



Peel and slice the banana and put in a blender with the yoghurt or fromage frais and the milk. Blend for 1-2 minutes to make a thick and delicious milkshake. Serve.

# Drinks

## Strawberry Dream

Kimberley Powell aged 10  
from St Mawes

**Serves 2**

**You will need:**

115g (4oz) strawberries

300ml (1/2 pint) semi-skimmed milk

Put strawberries and milk in a blender. Blend until smooth and well mixed. Pour into glasses, serve immediately and enjoy a really fruity drink.



## Pineapple Cooler

Sean Congo aged 8  
from Morpeth

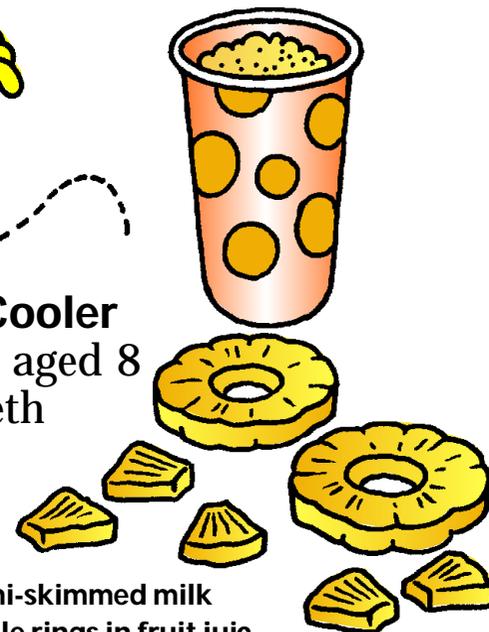
**Serves 1**

**You will need:**

200ml (7fl oz) semi-skimmed milk

3 canned pineapple rings in fruit juice,  
drained & chopped

Put milk and pineapple in a blender and blend for 1-2 minutes or until smooth, well mixed and frothy. Pour into a glass and drink straight away - a delicious cold refreshment on a hot summers day.



# Drinks

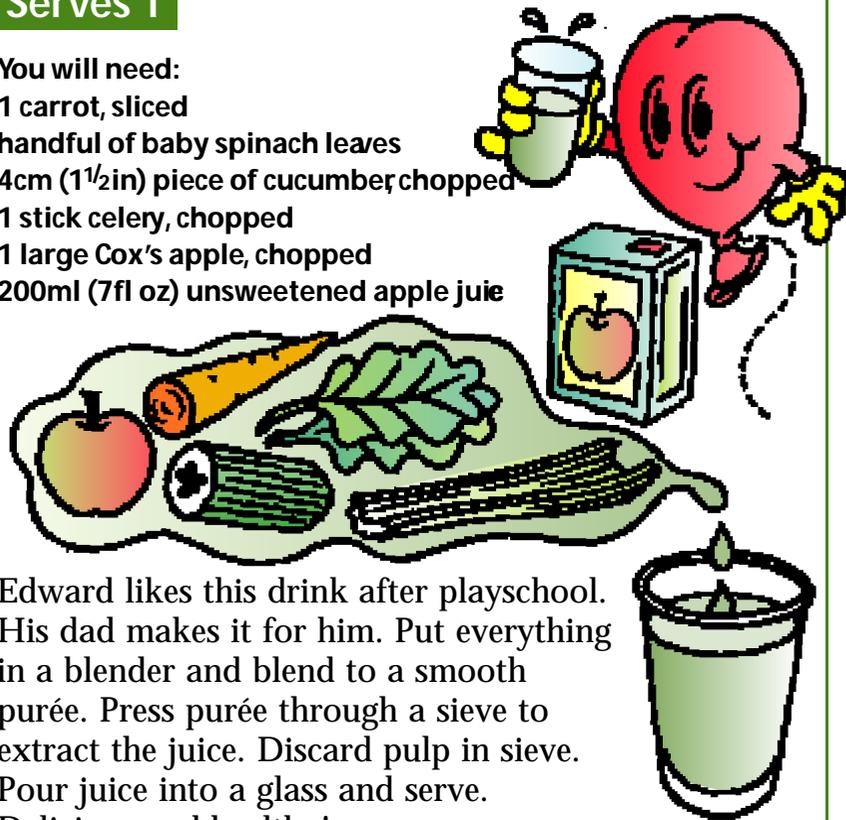
## Daddy's Drink

Edward Phillips aged 4 from Narberth

### Serves 1

You will need:

- 1 carrot, sliced
- handful of baby spinach leaves
- 4cm (1½in) piece of cucumber, chopped
- 1 stick celery, chopped
- 1 large Cox's apple, chopped
- 200ml (7fl oz) unsweetened apple juice



Edward likes this drink after playschool. His dad makes it for him. Put everything in a blender and blend to a smooth purée. Press purée through a sieve to extract the juice. Discard pulp in sieve. Pour juice into a glass and serve. Delicious and healthy!

## Tropical Fruit Sizzler

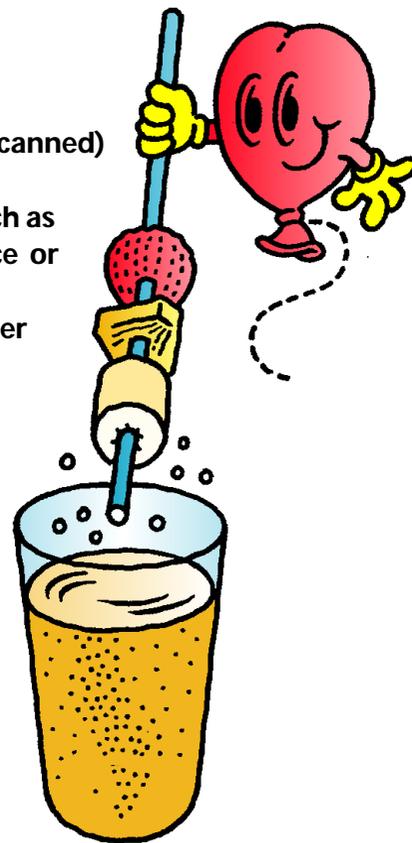
Christine Melvin aged 9  
from Chester-le-Street

### Serves 1

You will need:

- 1 chunk of peeled banana
- 1 pineapple cube (fresh or canned)
- 1 strawberry
- unsweetened fruit juice, such as orange and pineapple juice or mango juice
- lemonade or sparkling water

Take a thick, sturdy straw. Thread the banana chunk, pineapple cube and strawberry on to one end of the straw. Half fill a glass with fruit juice, top up with lemonade or sparkling water and add the straw with fruit. Serve.



# Drinks

## Strawberry, Apple & Peach Drink

Jenny Hinds aged 8 from Ibstock

**Serves 2**

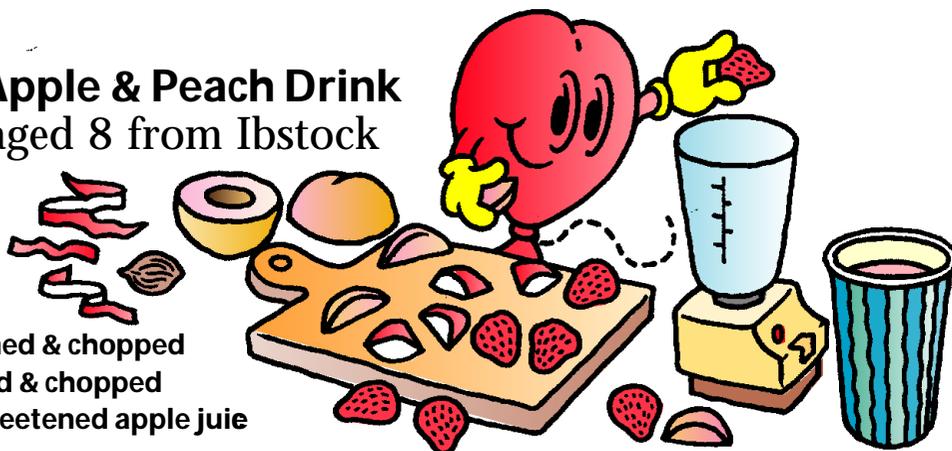
You will need:

10 strawberries

1 peach, peeled, stoned & chopped

1 apple, peeled, cored & chopped

300ml (½ pint) unsweetened apple juice



Put strawberries, peach, apple and apple juice in a blender and blend until smooth and well mixed. Pour into glasses, add ice.

Serve immediately.

## Fruity Cubes

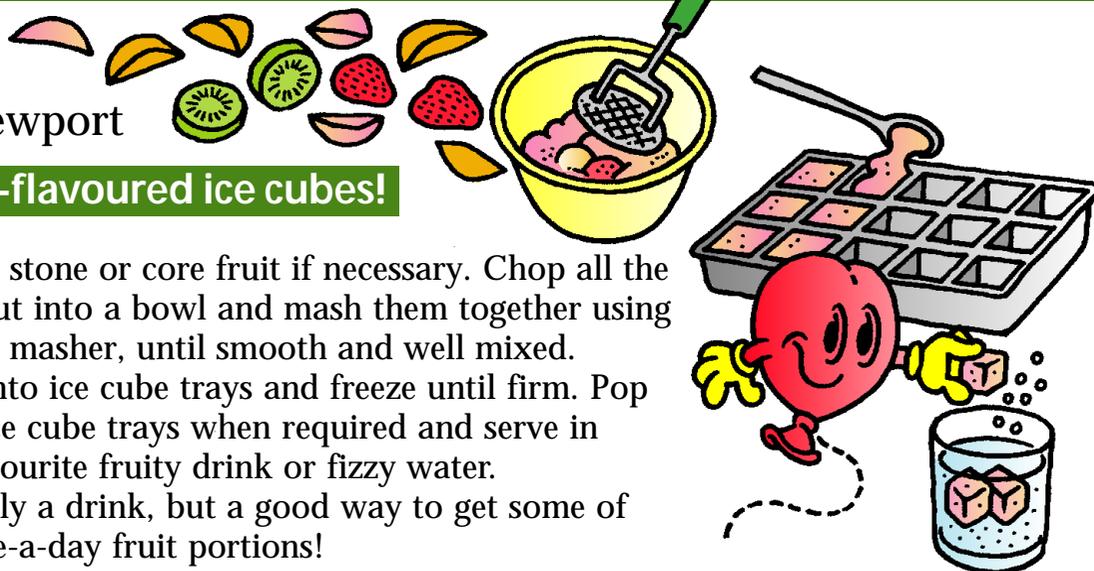
J. Tranter aged 11 from Newport

**Makes lots of delicious fruit-flavoured ice cubes!**

You will need:

equal quantities of ripe fresh fruits such as strawberries, kiwi fruit, peaches, nectarines & mango

Peel and stone or core fruit if necessary. Chop all the fruits, put into a bowl and mash them together using a potato masher, until smooth and well mixed. Spoon into ice cube trays and freeze until firm. Pop out of ice cube trays when required and serve in your favourite fruity drink or fizzy water. Not really a drink, but a good way to get some of your five-a-day fruit portions!

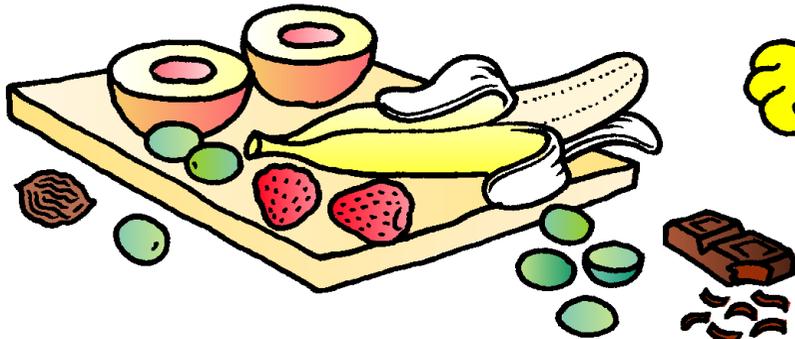


# Creative

## Sammy Snail's Tropical Surprise Lucie Flood aged 9 from Sale

Serves 1

**1** Spread the fromage frais on a plate. Peel banana and place it on top of fromage frais. Place 1 nectarine half on top of banana to make the shell.



**2** Cut 2 short pieces from a plastic drinking straw and put a grape on one end of each. Push them into one end of the banana for eyes. Sprinkle chocolate over banana.

You will need:

100g (3½ oz) pot low fat fromage frais

1 small banana

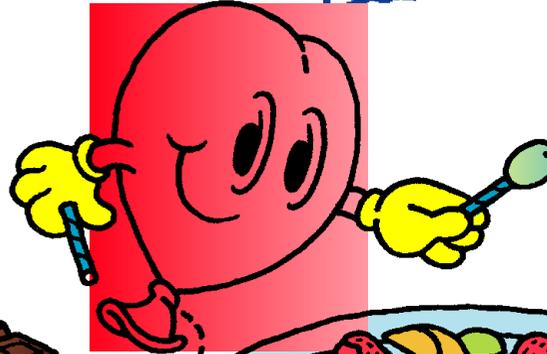
1 small nectarine, peeled, halved & stoned

6 seedless grapes

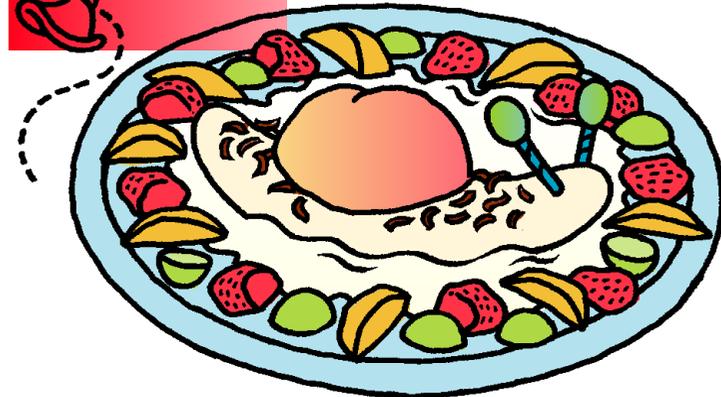
2 small squares of chocolate, grated

2 strawberries, chopped

Fun to make  
and fun to eat!



**3** Chop remaining nectarine half and grapes, mix with strawberries and scatter onto fromage frais around edge of plate. Eat and enjoy Sammy Snail!

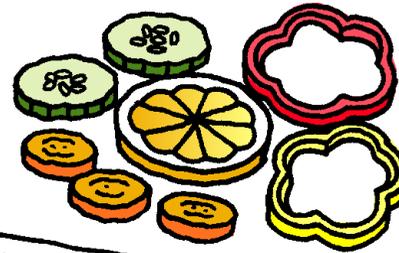


# Creative

## A Tropical Garden

☆ TOP PRIZEWINNER

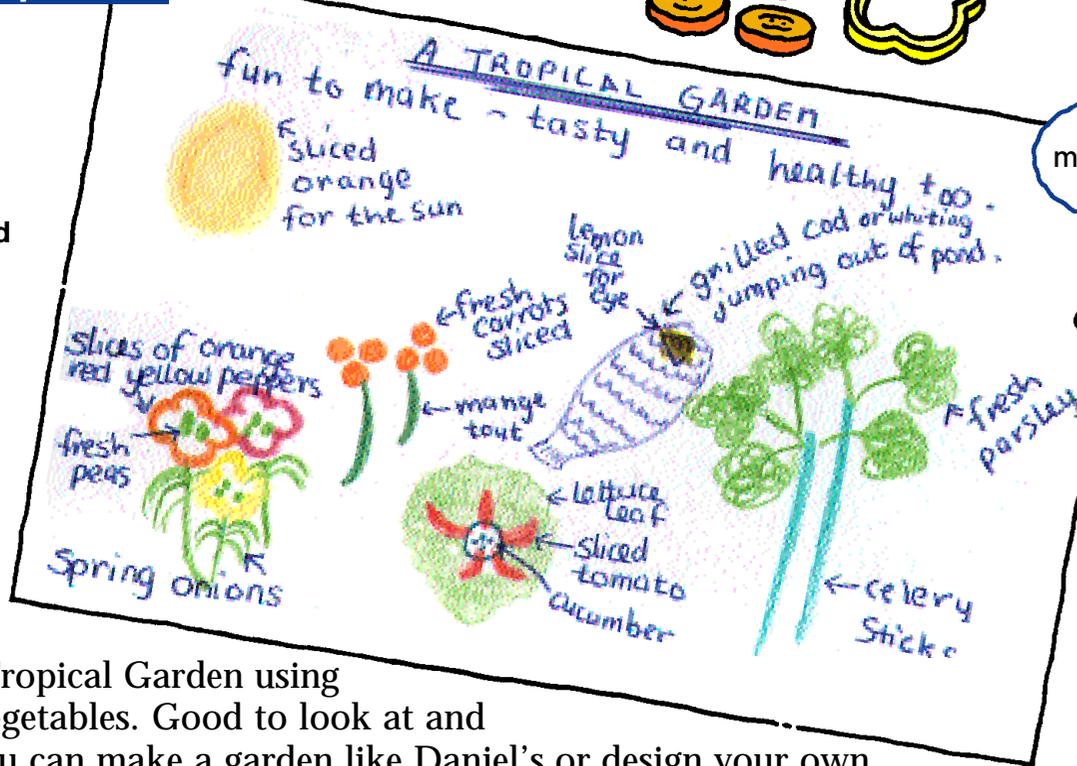
Daniel Rennie aged 9 from Chorley



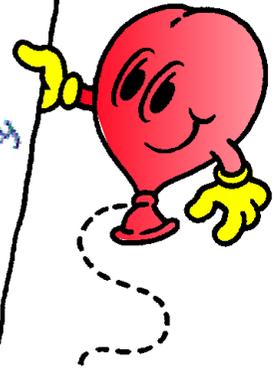
Serve 1 garden per person

You will need:

- orange slices
- lemon slices
- carrots, sliced
- orange, yellow & red peppers, deseeded & sliced
- spring onions
- mangetout
- lettuce leaves
- fresh peas
- tomato, sliced
- fresh parsley sprigs
- cucumber, sliced
- celery sticks
- grilled cod or whiting fillet



How about making a winter garden too?



Daniel designed this Tropical Garden using colourful fruits and vegetables. Good to look at and healthy to eat too! You can make a garden like Daniel's or design your own.

# Creative

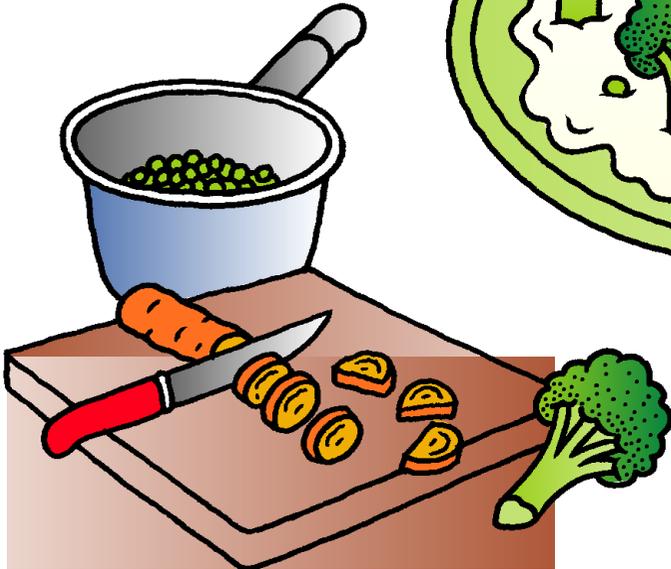
## Mashed Potato Meadow

☆ TOP PRIZEWINNER

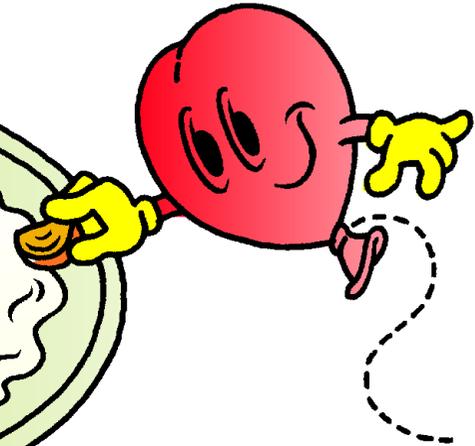
Patrick Melvin aged 5 from Chester-le-Street

Serve 1 meadow per person

You will need:  
broccoli florets  
carrots, sliced  
peas  
mashed potato



Great with  
fish fingers or  
nuggets!



Patrick says cook some broccoli, carrots and peas, then put some mashed potato onto a plate and spread it out. 'Plant' the broccoli into the potato to make trees and add some peas and carrots for flowers. Serve.

# Creative

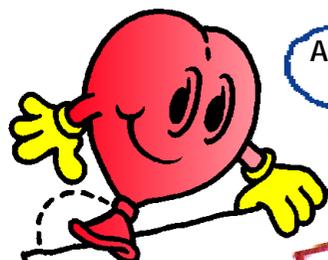
## Egg Mice

☆ TOP PRIZEWINNER

Brennan Harvey aged 7 from Inverness

You will need:  
hard boiled eggs  
cherry tomatoes  
raisins  
celery  
peanut butter

Serve 1-2 egg mice  
per person



An eggstremely nice recipe!

**EGG MICE**

**INGREDIENTS =** Hard Boiled Eggs  
Cherry Tomatoes  
Raisins  
Celery  
Peanut Butter

1. Cut each egg in half lengthwise for the mouse's body.
2. Cut pieces of cherry tomato for the nose and ears and stick on with peanut butter.
3. Stick on raisins for the eyes.
4. Shave strips of celery with a vegetable peeler to make whiskers and a tail.



To make Brennan's egg mice follow the instructions on his picture. You could make your mice the centrepiece of a really delicious egg salad.

**CAUTION!** This recipe contains nuts which may cause an allergic reaction. Nuts are not suitable for under 5 year olds because of risk of choking

# Creative

## Fruity Face

☆ TOP PRIZEWINNER

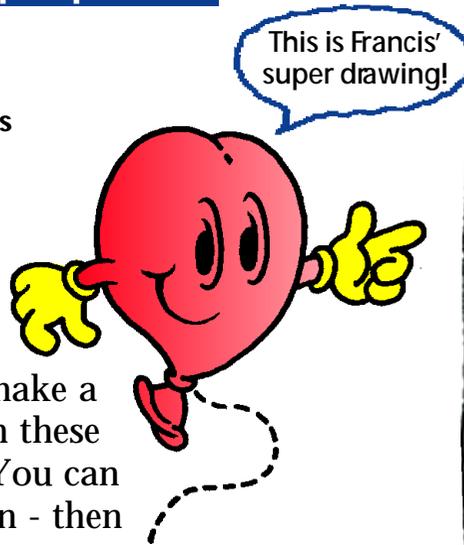
Francis Brian aged 8 from Market Drayton

### Serve 1 fruity face per person

You will need:

- kiwi fruit, peeled & sliced
- red & green seedless grapes
- tomato, halved
- raisins
- banana, peeled
- orange, peeled & sliced
- muesli bar

Francis says you can make a colourful fun face with these delicious ingredients. You can invent your own design - then eat it! Yum!



**CAUTION!** This recipe contains nuts which may cause an allergic reaction. Nuts are not suitable for under 5 year olds because of risk of choking

# Creative

## A Summer Beach Snack

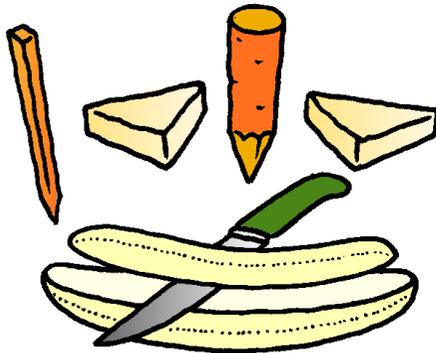
☆ TOP PRIZEWINNER

Laura Hill aged 10 from Folda Glenisla

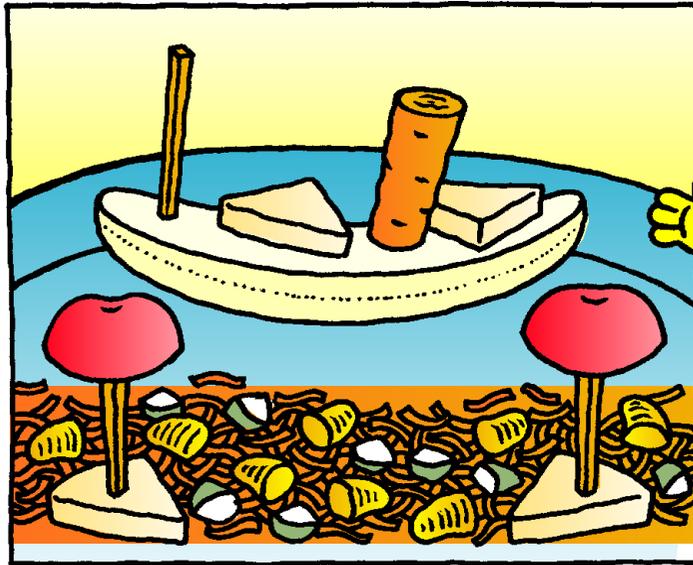
Serve 1 beach snack per person

Serve this on a large blue plate if you have one.

Make a banana boat with a carrot funnel and mast and a cheese deck.



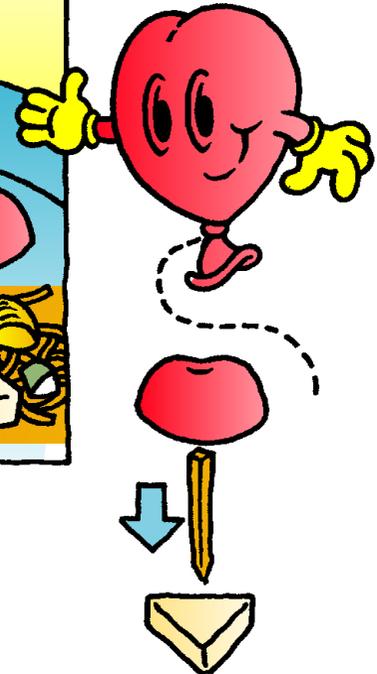
Grate a carrot for the sandy beach and cut the orange and apple into pieces to make shells.



Stand a piece of carrot up in 2 cheese triangles and place a tomato half on top of carrots to make sun umbrellas. Serve immediately and enjoy!

- You will need:
- 1 banana, peeled
  - 2 large carrots
  - 4 low fat cheese triangles
  - 1 small orange, peeled
  - 1 small apple, cored
  - 1 small tomato, halved

Here's a summer snack that's just as nice in winter!



# Creative

## Recipe For Life

☆ TOP PRIZEWINNER

Andrew Causey aged 9 from Cookstown

- 1 walk
  - 2 pieces of fruit
  - 3 portions of vegetables
  - 4 minutes of skipping
  - 5 healthy drinks
- mix these together  
every day for a  
healthy recipe

Finally, here's Andrew's great Recipe for Life.

If we all follow his simple recipe we will really help our hearts and bodies to stay healthy.

Can you think of a recipe for life that fits in with the way you live?



# About the British Heart Foundation **How you can help**

The British Heart Foundation (BHF) is a major national charity that plays a leading role in the fight against heart and circulatory disease, the UK's biggest killer. It is the largest source of funds for independent heart research in the country, focusing on causes, prevention, diagnosis and treatment.

As well as heart research, the BHF supports and develops a range of other activities. These include funding educational initiatives - both for health professionals and the public, providing lifesaving cardiac equipment, funding Resuscitation Training Officers, BHF nurses and rehabilitation programmes. It also co-ordinates the Heartstart UK scheme, that offers emergency life support training to the public.

To promote heart health in schools and at home, the BHF have produced a range of resources for young people. Many of these are free of charge and include posters, leaflets, booklets and videos. The BHF also produces information for heart patients and promotes healthy lifestyle messages to all ages.

The British Heart Foundation relies on the generosity of the public to help fund its vital work.

Here are some of the ways you can help - and get fit at the same time!

**Jump Rope For Heart** - fun and fundraising. Get your school or group skipping and raise money for BHF - 25% of funds raised can be used by your school/group.

**Keep The Beat** - specially designed for secondary schools, Keep The Beat involves working on sporting activities of your choice leading to a sponsored event. Again, 25% of funds raised can be used by your school.

**Dance to the Heart Beat** - ask your dance or exercise teacher to organise an event, participants either pay an entry fee or get themselves sponsored in aid of BHF.

**World Experiences**- sound exciting? If you are over 18 why not register to do a BHF bike ride or walk in places as far afield as China, Peru or Thailand and raise sponsor money for BHF.

For more information on these events call BHF National Events Department on 020 7487 7149.

If you want to organise your own fundraising event in aid of BHF ring the Community Fundraising Department on 020 7487 9461. Or you can simply make a donation by sending a cheque to the address opposite, made payable to British Heart Foundation.

**BHF Shops** are always looking for volunteers to help locally - and no experience is necessary! Call 0870 120 4141 for the nearest BHF shop to you.

**Artie Beat Club** -if you are aged between 7 and 11 years, why not join the Artie Beat Club? Write to Artie Beat at the address opposite to request a membership form. Or send an e-mail to [artiebeat@bhf.org.uk](mailto:artiebeat@bhf.org.uk)