



Maui Kids Cook with Heart Recipe Book



The **Maui Kids Cook with Heart Program** is designed to teach students the basic skills required to prepare their own healthy snacks and meals at home. Offered at no cost through the American Heart Association, the program services over 750 Maui elementary, middle, and high school students. This kid-friendly recipe guide is designed for parents and kids to make healthy snacks and meals together.



American Heart Association®

Kids Cook with Heart™

Kids Cook with Heart classes are fun and educational. Parents can have fun by cooking the healthy recipes below with their kids at home. In Hawai'i, 1 out of 4 children entering kindergarten are already obese, so choosing healthy recipes for your family to enjoy is so important!

What is the Kids Cook with Heart Program? <https://youtu.be/fbIHbhvIxbY>

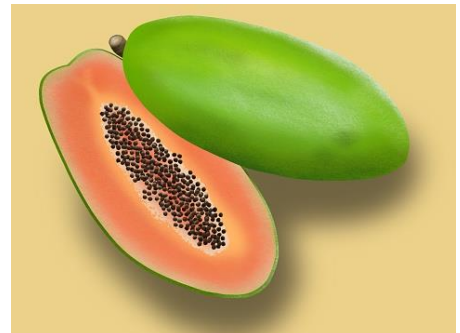
The mission of the **American Heart Association** is to be a relentless force for a world of longer, healthier lives. A major risk factor for heart disease is obesity. In order to curtail the onset of obesity among children, the American Heart Association developed the **Kids Cook with Heart** program. The goals of the program are to:

- Increase fruit and vegetable consumption
- Decrease sugary drink, and increase water, consumption
- Decrease high sodium processed foods
- Increase cooking healthy foods and snacks at home
- Increase use of local produce



Safety First

1. Always wash your hands with your soap for 2 minutes prior to handling food with warm water and soap. You can also use gloves for food handling.
2. Always wash all vegetables very well in cold running water before using them.
3. Always have a parent or adult helping you when you are using a knife or cooking.
4. Always tuck your fingers under like a claw or making the letter c with your hand with the smallest part holding on to the food for cutting. You can also grab the item on either side where your hands make a stable bridge called "the bridge technique" when cutting.
5. Round fruits and vegetables should be cut a little on the bottom to create a stable base for when you cut so there is no wobbling around. Wobbling can create an accident when cutting the food. (Demonstrated in the Frozen Banana Treat Video)



Frozen Banana Treat

This is a delicious treat made from healthy ingredients. Enjoy with your favorite toppings!

Video Lesson - Yummy Frozen Treat: <https://youtu.be/DeX95VMxaaU>

..... | ADULT: YES | TOTAL TIME: 25 MINUTES (FREEZE 2-3 HRS) | MAKES: 2 SERVINGS |

KITCHEN GEAR

Cutting board or paper plate to cut on
Small knife, butter knife, or plastic knife for your child and yourself
Container with lid or plastic bag to go into the freezer
2 Cups or small bowls for serving

INGREDIENTS

Ingredients:

1 large banana or 2 small apple bananas – diced small and frozen
¼ cup almond or cashew butter
½ cup strawberry – quartered



Nutrition Analysis (per serving)

Calories	236
Total Fat	16.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	9.0 g
Cholesterol	0 mg
Sodium	111 mg
Carbohydrates	23 g
Fiber	6 g
Total Sugars	11 g
Added Sugars	0 g
Protein	8 g
Added Sugars	0 g

Dietary Exchanges: 2 fruits, 1½ fat

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your adult's help, create your cutting station.

Cut bananas and freeze for the base of your treat.

Cut strawberries for topping.

Place your frozen banana in a bowl, drizzle nut butter, and top with strawberries. Optional: unsweetened coconut and VOILA!

Tomato Salsa

Fresh tomatoes are used in this recipe. Any variety will work, but a juicier tomato is better. If you don't have tomatoes, you can also make this recipe using fresh pineapple – delicious!

Video Lesson - Salsa Video with Junior Chef: <https://youtu.be/uyEEDWJtTJg>

..... | ADULT: YES | TOTAL TIME: 30-45 MINUTES | MAKES: 1 LARGE BOWL OF SALSA |

KITCHEN GEAR

Gloves
Knife
Cutting Board
1 large bowl
Fork
Large spoon
Tasting Chips

INGREDIENTS

3-4 roma style or heirloom, chopped into chunks
1/4 onion minced, small squares
3-4 garlic cloves grated
1/5 bunch of cilantro, pick leaves, chop
1/2 lime, squeeze, can grate zest
1/2 jalapeno (use gloves - parent supervision) remove seeds, minced, small squares
1/16 teaspoon salt
1/16 teaspoon pepper

Nutrition Analysis (per serving)

Calories	12
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	26 mg
Carbohydrates	3 g
Fiber	1 g
Total Sugars	1 g
Added Sugars	0 g
Protein	1 g

Dietary Exchanges: 1 Vegetables



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your adult's help, create your workstation and gather all of your ingredients at your cutting station.

Parents, show your child how to cut the tomato lengthwise and then horizontally, to make cubes. (see video [here](#).)

Take each ingredient, and cut it as described. As you cut each item put it into a large bowl.

Using your clean hand, or a spoon, mix the ingredients together. Kids will have fun using their hand to mix or squeeze the tomato for a thinner salsa. Mix well.

Serve fresh, or you can refrigerate for up to 7 days. Salsa is better after it "sits" for a day so the flavors can mix together.

Serve with sliced baked sweet potatoes, baked tortilla chips, or crispy toasted quesadilla wrappers (toast for 5-8 minutes at 375 degrees) for a baked crunchy effect.

Tropical Fruit Parfait

Kids LOVE making (and eating) fruit parfaits. We used local papayas and bananas, but you can make it with any soft fruit like mango or berries.

Video Lesson – Papaya Parfait: <https://youtu.be/GHLe-qaKNuk>

..... I ADULT: YES I TOTAL TIME: 10-15 MINUTES I MAKES: 4 servings

KITCHEN GEAR

Gloves
Knife
Cutting Board
Clear glass or
Plastic cups
Measuring spoon & cup

INGREDIENTS

6 ounces fat-free yogurt per person
1 cup papaya in cubes
1 large banana (about 1 cup sliced)
1/4 cup low-fat granola (4 Tbsp)
1 tablespoon honey

Nutrition Analysis (per serving)

Calories	157
Total Fat	0.9 g
Saturated Fat	0.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.3 g
Cholesterol	1 mg
Sodium	75 mg
Total Carbohydrate	34 g
Fiber	2 g
Sugars	25 g
Protein	6 g

Dietary Exchanges

1 low-fat milk, 1 carbohydrate



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your parent's help, create your cutting station.

Parents supervise your child as they cut up the papaya and banana (or prep other soft fruit).

Kids will have fun assembling the parfaits. In a small clear glass or plastic cup layer about 1/3 cup yogurt, 1/4 cup sliced fruit, 1/4 cup sliced bananas and sprinkle with 1 tablespoon granola and drip of honey.

To make it extra fancy, use the banana slice or strawberry as a garnish for your glass.

Kids love this healthy treat!

Guacamole

Avocados are nutritious and grown locally. Great on toast, a quesadilla, options are endless.

Video Lesson – How to cut an Avocado - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/preparing/how-to-work-with-an-avocado>

[Kids Cook with Heart Maui: Guacamole - YouTube](#)

***** ADULT: YES | TOTAL TIME: 30-45 MINUTES | MAKES: 12 SERVINGS (1/4 CUP EACH) *****

KITCHEN GEAR

Gloves
Knife
Cutting Board
1 large bowl
Fork
Large spoon
Tasting Chips

Ingredients:

3 medium avocados, diced and mashed
1/4 medium onion, diced (about 1/2 cup)
1 tablespoon minced fresh cilantro
1 to 2 medium garlic cloves, minced
Juice of 1 lime
1/16 teaspoon salt
1/16 teaspoon pepper



Method:

In a large bowl, stir together all the ingredients.

Cook's Tip: If desired for additional heat, add 1 medium fresh jalapeño (seeds and ribs discarded), diced.

Per Serving

Calories	83
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.0 g
Cholesterol	0 mg
Sodium	15 mg
Carbohydrates	5 g
Fiber	3 g
Total Sugars	1 g
Added Sugars	0 g
Protein	1 g

Dietary Exchanges

1 vegetable, 1½ fat

Make Your Own

Practice your skills and make a healthy snack or meal recipe with your parents help. Write your recipe below and take a pic to put into the photo area.

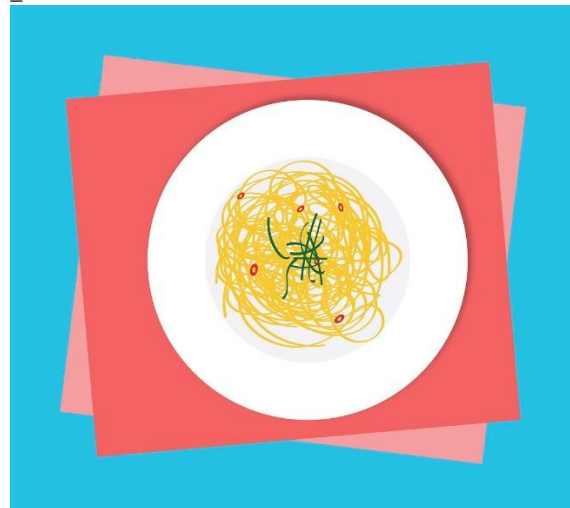
..... I ADULT: YES I TOTAL TIME: I MAKES: SERVINGS

Fill in the worksheet with your own healthy snack recipe. More kid friendly recipes can be found at:

www.heart.org/Mauikids

KITCHEN GEAR

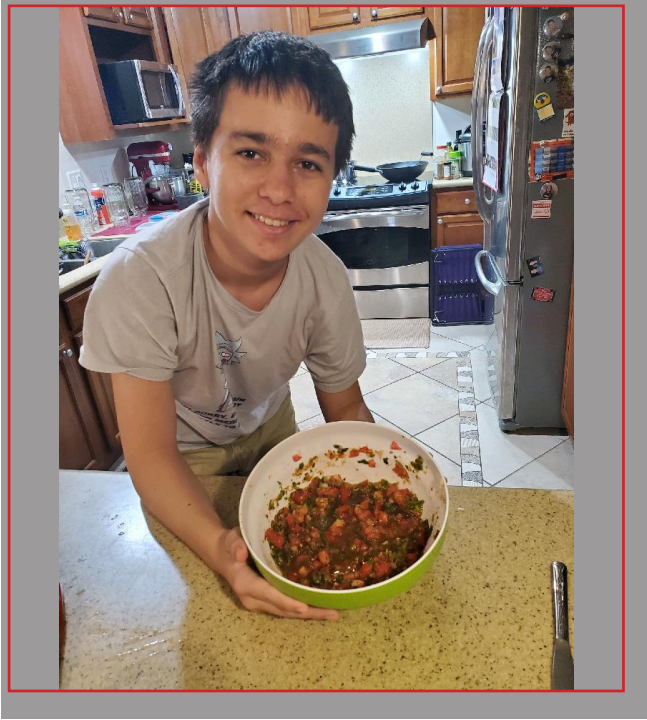
INGREDIENTS



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your adult's help, create your cutting station.



What do Maui kids say about the Kids Cook with Heart Program?

"We stopped buying soda, syrup, sports drinks, and started to buy whole wheat, fruit, and veggies." – Lahaina 5th Grader

"We bought a bit more vegetables and fruits. My mom and dad bought a Filipino leaf vegetable and it tasted so good." – Lahaina 5th Grader

"Now we buy more fruits and veggies and we are trying to grow our own." – Lahaina 5th Grader

"The cooking changed me and makes me want to cook more food." – Lahaina 5th Grader

Mahalo to our Donors and Volunteers for improving the health of families on Maui!

The Saunders Family Foundation,
The Makana Aloha Foundation,
ROAM- Maui, The Lily Pointe Foundation,
The Maccarone Family Foundation, Diane & Eliot Feuerstein,
The Roddenberry Foundation, and everyone who
attended our annual February Fundraiser!

Maui Health is a proud local sponsor of the
American Heart Association's Kids Cook with Heart Program.

