



American
Heart
Association.



Keiki iHeart2Cook Cooking Contest Guidebook



The Keiki iHeart2Cook cooking contest is designed to encourage students to prepare their own healthy snacks and meals at home. Included in this guidebook you will find age-appropriate recipes and a bonus page for students to create their own heart-healthy recipes with heart-healthy ingredients!

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CONTEST GUIDELINES

The iHeart2Cook contest runs from
May 1, 2024- May 24, 2024

Winners announced by June 21, 2024

1. Pick a recipe from this booklet, the American Heart Association [website](#) or create your own using our heart-healthy shopping list in this booklet.
2. Upload a photo or video (with you in it!) of your finished dish to the [iHeart2Cook Website](#) by Friday, May 24th and be sure to include the recipe you followed.
3. The American Heart Association staff, Island Insurance employees and guest judges will announce winners on Friday, June 21st, 2024. Winners receive a \$100 gift card to a local grocery store.

Entries will be judged on presentation, creativity and adherence to the heart-healthy shopping list provided as applicable.



Frozen Banana Treat

Serves: 2

Prep Time: 25 min

Cook Time: 2-3 hours in freezer



Kitchen Supplies Needed:

- Cutting board or paper plate to cut on
- Measuring cups and spoons
- Small knife, butter knife or plastic knife
- Freezer container with lid or resealable plastic freezer bag
- 2 cups or small bowls for serving

Instructions:

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.
2. With an adult's help, create your cutting station.
3. Cut banana and freeze for 2 to 3 hours for the base of your treat.
4. Cut strawberries for topping.
5. Place your frozen banana in a bowl, drizzle with nut butter and top with strawberries, coconut and/or cocoa. VOILA!

Ingredients:

- 1 large banana or 2 small apple bananas, sliced and frozen
- ¼ cup almond or cashew butter
- ½ cup strawberries, quartered
- 1 teaspoon unsweetened coconut (optional)
- 1 teaspoon cocoa nibs (optional)

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

Tomato Salsa

Serves: 1

Prep Time: 30-40 min

Cook Time: none

Kitchen Supplies Needed:

- Gloves
- Knife
- Cutting board
- 1 large bowl
- Large spoon
- Measuring spoon and cups
- Tasting chips

Instructions:

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.
2. With an adult's help, create your workstation and gather all of your ingredients at your cutting station.
3. Parents: Show your child how to cut the tomato lengthwise and then horizontally to make cubes.
4. Add the minced onion and garlic, chopped cilantro, lime zest and juice and chopped jalapeno, salt and pepper to a large bowl.
5. Using your clean hands or a spoon, mix the ingredients together until well combined. Kids will have fun using their hands to mix or squeeze the lime.
6. Serve immediately, or refrigerate for up to 7 days. Salsa is better after it "sits" for a day so the flavors can blend together.
7. Serve with sliced baked sweet potatoes, baked tortilla chips or crispy toasted quesadilla wrappers (toast for 5-8 minutes at 375°F) for a baked crunchy effect.



Ingredients:

- 3-4 Roma or heirloom tomatoes, chopped into cubes
- 1/4 medium onion, minced
- 3-4 medium garlic cloves, minced
- 1/5 bunch of cilantro, chopped
- Zest of 1/2 medium lime
- Juice of 1/2 medium lime
- 1/2 medium fresh jalapeño (use gloves - parent supervision), seeds and ribs discarded, chopped
- 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

Tropical Fruit Parfait

Serves: 4

Prep Time: 10-15 min

Cook Time: none



Kitchen Supplies Needed:

- Gloves
- Knife
- Cutting board
- Clear glass or plastic cups
- Measuring spoons and cups

Instructions:

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.
2. With your parent's help, create your cutting station.
3. Parents: Supervise your child as they cut up the papaya and banana (or prep other soft fruit).
4. 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 papaya and 1/4 cup sliced bananas. Sprinkle with 1 tablespoon granola. Drizzle with honey.
5. For a fancy presentation, garnish the glass with a banana slice.

Ingredients:

- 24 ounces fat-free plain yogurt
- 1 cup papaya in cubes
- 1 large banana, sliced (about 1 cup)
- 1/4 cup low-fat granola (4 Tbsp)
- 1 tablespoon honey

Nutrition Analysis (Per Serving)

Calories	157
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	1 mg
Sodium	75 mg
Carbohydrates	34 g
Fiber	2 g
Total Sugars	25 g
Protein	6 g

Guacamole

Serves: 12

Prep Time: 30-40 min

Cook Time: none



Kitchen Supplies Needed:

- Gloves
- Knife
- Cutting board
- 1 large bowl
- Measuring cups and spoons
- Fork
- Large spoon
- Tasting chips

Instructions:

1. In a large bowl, stir together all the ingredients.

Ingredients:

- 3 medium avocados, diced and mashed with fork
- 1/4 medium onion, diced (about 1/2 cup)
- 1 medium fresh jalapeño, seeds and ribs discarded, diced (optional)
- 1 tablespoon minced fresh cilantro
- 1 to 2 medium garlic cloves, minced
- Juice of 1 medium fresh lime
- 1/16 teaspoon salt
- 1/16 teaspoon pepper

Nutrition Analysis (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 sugar	0 g
Protein	1 g

Want to create your own recipe?

Use the ingredients from this heart-healthy shopping list to inspire your next culinary creation.

PROTEIN:

- Canned chicken
- Canned fish (tuna or salmon packed in water)
- Unsalted nuts or seeds (such as peanuts, almonds, cashews, walnuts, sunflower seeds)
- Beans (such as black, pinto, kidney, garbanzo), canned, low sodium or no salt added
- “Natural” nut butter, no partially hydrogenated fat/oil or added sugar

WHOLE GRAINS:

- Brown rice
- Oatmeal, unsweetened
- Pasta made with whole grains, whole wheat or brown rice flour
- Snack crackers or pretzels with whole grain listed as first ingredient

VEGETABLES:

- Fresh vegetables
- Canned or frozen vegetables, no salt added

FRUIT:

- Fresh fruit
- Canned fruit, packed in 100% fruit juice or water
- Frozen fruit, no sugar added
- Dried fruit (raisins, apricots, etc.) unsweetened

MIXED PROTEIN, GRAIN, VEGETABLE:

- Low-sodium soup, bean, pea, lentil, vegetable, broth-based (not cream soup) <600mg sodium/serving



Make Your Own Recipe

Serves: _____

Prep Time: _____

Cook Time: _____

Kitchen Supplies Needed:

Instructions:

Ingredients:

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For more information and to stay connected, visit:

[Kids Heart Challenge Website](#)

[Heart Walk Website](#)

Get in touch by email:

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