



Heart-Healthy Recipes for children with heart conditions

If you're looking for heart-healthy meals, the Mediterranean diet might be right for you. The Mediterranean diet has been linked to a number of health benefits, including reduced mortality risk and lower incidence of cardiovascular disease.

What is the Mediterranean Diet and Lifestyle?

It's less of a diet, meaning a restricted way to eat, and more of a lifestyle. The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. There's no single definition; but most often, it's high in:

- Vegetables
- Fruits.
- Whole grains.
- Beans.
- Nuts and seeds.
- Olive oil.
- Seasoning with herbs and spice



Plant based, not meat based

The foundation of the Mediterranean diet is plant foods. That means meals are built around vegetables, fruits, herbs, nuts, beans and whole grains.

Moderate amounts of dairy, poultry and eggs are part of the Mediterranean diet, as is seafood. In contrast, red meat is eaten only once in a while.

Eating the Mediterranean Way

Want to try the Mediterranean diet? These tips will help you get started:

- **Eat more fruits and vegetables.** Each day, aim for 2 to 3 servings of fruit and four or more servings of vegetables.
- **Choose whole grains.** Switch to whole-grain bread, cereal and pasta. You also can try other whole grains, such as bulgur, barley and farro.
- **Use unsaturated fats from plants.** . For example, you could replace butter with olive, canola, safflower or sunflower oil both in cooking or at the table, and instead of putting butter or margarine on bread, you could use nut or seed spreads on toast or on an apple.
- **Eat more seafood.** Eat fish or shellfish 2 to 3 times a week.

Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Staying away from deep-fried fish.



- **Get nuts.** Each week, aim to eat four servings of raw, unsalted nuts.
- **Enjoy some dairy.** Some good choices are skim or 1% milk, low-fat cottage cheese, and low-fat Greek or plain yogurt.
- **Reduce red and processed meat.** Eat more fish, poultry or beans instead. If you eat meat, make sure it's lean and keep portions small. And before you cook it, first try to remove any fat you can see.
- **Spice it up.** Herbs and spices boost flavour and lessen the need for salt.

The Mediterranean diet has a lot of flexibility, so you can make it a delicious and nutritious way to eat. Follow this eating pattern long-term to get the most of out of it.

To get you started, our friends at Healthy Med Easy have prepared some nice and nutritious recipes in support of Heart Month 2025. If you would like to speak to us more about this please contact CHF on info@chfed.org.uk or 0300 561 0065 or Healthy Med Easy on hello@healthymedeasy.co.uk or 07450831969



"Lentils are a great source of protein, fibre, vitamins and minerals"

Ingredients:
1 tbsp extra virgin olive oil
2 white onions finely diced
2 garlic cloves, crushed
Tin of quality chopped tomatoes
2 tbsp balsamic vinegar & 2 tsp vegetable bouillon (or low salt alternatives)
1 tsp each of cinnamon and oregano
2 tins of brown lentils, drained and rinsed
4 tbsp quality tomato puree
250g dried whole grain penne
1 egg white, whisked
3 tbsp of wholegrain spelt flour (or other flour)
Extra virgin olive oil (to form a paste)
500ml milk of choice
Parmigiano Reggiano grated

Lovely Lentils : Vegetarian Greek Style Lasagne

Instructions:

1. Fry the onions in oil until soft. Whilst cooking add the herbs, puree, vinegar and bouillon powder. Then add 250ml water.
2. Add garlic during this process, ensuring it does not burn.
3. Cook the pasta until al dente in salted water (still has bite) and drain.
4. Add the tomato paste, chopped tomatoes and lentils to the onion mixture. Allow to simmer while making the roux.
5. Make a roux by adding the flour to a clean saucepan. Add enough oil to form a paste. Cook for a few minutes, keeping it as a paste. Then add some of the milk. Whisking out any lumps. Once all lumps are gone. Add the remaining milk. Then whisk until thickened (may take some time). Then season to taste.
6. Whisking out any lumps. Once all lumps are gone. Add the remaining milk. Then whisk until thickened (may take some time). Then season to taste.
6. Add the pasta to one large dish or share between two dishes. Stir through the egg white (this sticks the pasta together). This will be the first layer.
7. The second layer is the lentil mixture. Season to taste and then spread evenly over the top of the pasta.
8. The third layer is the roux. Pour this on and finish with grated parmigiano reggiano.
9. Bake for 40 minutes at 190 degrees celsius or 180 degrees celsius in a fan oven.

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Ingredients:

- 1 tin of tuna in spring water
- Approx 10 medium sized leaves fresh mint, crushed and thinly shredded
- 1 mini cucumber or a chunk of a large one, grated
- 1.5 tbsp of full fat Greek yoghurt (you want it creamy)
- Seasoning to taste (optional)
- 2 slices of your favourite whole grain bread

Healthy Lunchbox:
Tuna & Tzatziki Sandwich



Instructions:

1. Drain tuna and pop it into a bowl, separating it out with a fork
2. Grate the cucumber and squeeze out the juice into the sink. Then pop it in with the tuna.
3. Now add the mint and Greek yoghurt. Mix well.
4. Season to taste
5. Spread on bread and make into a sandwich (no need for butter)
6. Enjoy

*"A healthier twist on Tuna Mayo.
Tuna & mint are a Mediterranean
flavour pairing that your kids will
grow to love."*

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Skin on means more fibre, vitamins & minerals.

Ingredients:

- 1kg potatoes
- 100ml olive oil
- 150ml cold water
- juice of 2 lemons
- 3 minced cloves of garlic
- 1 tbsp dried oregano
- 1 tsp dried semolina
- 1 tsp turmeric
- 1/2 tsp black pepper and salt

Glorious Greek Lemon Potato Wedges

Instructions:

1. Preheat oven to 200 degrees Celcius
2. Wash and dry the potatoes, keeping the skin on
3. Slice each potato into 8 wedges and pop them into a large bowl
4. In a jug add all the ingredients apart from the potatoes. Whisk well.
5. Pour dressing over the potatoes and move around wedges, so they are evenly coated
6. Add to 2 trays and pour any remaining dressing onto the tray and around the wedges
7. Bake for 30 minutes
8. Turn over
9. Bake for a further 20-30 minutes

A tasty alternative to roasties or chips. No need for gravy. Reheat any leftovers in an airfryer.

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Ingredients:

- 1 tbsp olive oil
- 500g turkey mince
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 red pepper, chopped
- 1 box passata
- 1 tbsp Worcestershire sauce
- 1.5 tbsp dried oregano
- 1 vegetable stock cube
- 1/2 pack of cooked spaghetti

Family Favourite: Tasty Turkey Bolognese

Instructions:

1. Heat the oil. Then add the onion and red pepper until onion is translucent
2. Add mince and brown
3. Stir through the garlic, herbs and Worcestershire sauce
4. Add the passata. Stir through and bring to the boil then allow to simmer.
5. Stir through vegetable stock cube (this will season the sauce)
6. Allow to cook until sauce thickened
7. Serve on top of cooked spaghetti
8. Enjoy

*Turkey is a healthier
alternative
to red meat. Rich in protein
and vitamin B₃.*

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