

Something Fishy

Many parents and children tried this pate at the Children's Centre Launch Day in October 2007. They were surprised how good it tastes! Although made from sardines, it really does taste just like tuna! Sometimes it's best not to tell your children exactly what is in their food – let them make up their own minds by tasting it. Give your dishes a fun name and your children will love it!

Ingredients

- 1 can of sardines in sunflower or olive oil
- 75g Quark or low fat curd cheese
- Grated rind of half a lemon
- 1 tbsp chopped chives
- Freshly ground black pepper

METHOD

1. Drain sardines, split them lengthways and remove the backbone.
2. Put the sardines in a blender with the Quark, lemon rind and chives. Whiz, taste and season with pepper.
3. Serve spread on bread, toast or crackers, as a sandwich filling, or as a dip.



TOP TIPS When choosing fillings for sandwiches, don't forget about fish. We should be aiming to eat 2 portions of fish per week, and one of these should be oily (e.g salmon, fresh tuna, sardines, mackerel, herring, pilchards, trout). Oily fish are rich in the good "omega 3" fats, which lower our risk of heart disease, keep our joints healthy, and if you are pregnant ensures the healthy development of your baby.



EAT AS PART OF YOUR LUNCH

- Wholegrain bagel with just-like-tuna pate and lettuce
- Slice of malt loaf • Babybel
- Pot of fruitini • Smoothie

JULY 2008

tue 1	_____	thur 17	_____
wed 2	_____	fri 18	_____
thur 3	_____	sat 19	_____
fri 4	_____	sun 20	_____
sat 5	_____	mon 21	_____
sun 6	_____	tue 22	_____
mon 7	_____	wed 23	_____
tue 8	_____	thur 24	_____
wed 9	_____	fri 25	_____
thur 10	_____	sat 26	_____
fri 11	_____	sun 27	_____
sat 12	_____	mon 28	_____
sun 13	_____	tue 29	_____
mon 14	_____	wed 30	_____
tue 15	_____	thur 31	_____
wed 16	_____		

TOP TIPS When choosing sandwich fillings, make sure you always add some salad or vegetable. Ideas include; • Tuna and sweetcorn • Cottage cheese and pineapple • Houmous and celery • Turkey and avocado • Chicken and salad • Smoked salmon (get the cheap off-cuts) and cucumber • Egg and tomato • Mackerel and grated carrot • Low fat cream cheese and red pepper • Sausage and tomato • Prawns and lettuce • Ham and coleslaw • Cold meat and salad • Cheese and apple • Salmon (canned) and lettuce • Bacon (lean and grilled) with lettuce and tomato (BLT) • Roasted vegetables • Tangy beans (see April's recipe)