

Recipes to try: Nutritious ways to make the most out of your meals and snacks

- Eggs**
- ▶ Eggs are excellent sources of choline¹ and protein²
 - ▶ At breakfast, try adding extra veggies to your scrambled eggs or omelet
 - ▶ At dinner, try baking a frittata or quiche using extra veggies



Greens

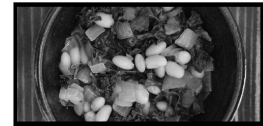
- ▶ Greens are high in iron³, choline and folate⁴
- ▶ Canned greens can be just as nutritious as fresh. Look for "low sodium," "no salt added" or "unseasoned" varieties
- ▶ For best results, canned greens should be drained, rinsed, and patted dry before using
- ▶ Try adding greens to scrambled eggs, soups, stews, or casseroles



Sauteed Greens and Beans

Ingredients:

- 1 tsp. oil
- 1 c. onion (or 2 tsp. onion powder)
- 1 can beans (drain & rinse)
- 1 c. low-sodium broth (or water)
- 2 15 oz. cans greens, low-sodium (drain and pat dry)
- 1 Tbsp. lemon juice (or vinegar)
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- Parmesan cheese (optional)



Directions:

1. Heat oil in large pot over medium heat
2. Add onion (if using) and sauté 3 minutes
3. Add beans and broth (or water), and bring to a boil
4. Reduce heat, cover, and simmer for 15 minutes
5. Add 2 cans of greens (drained and patted dry), and cook 5 min.
6. Before serving, add lemon juice (or vinegar), garlic powder and pepper
7. Optional: Top with parmesan cheese

Beans: Beans are high in fiber,⁵ protein, and iron. Try adding them to soups, stews, chili, rice, or salads.

Try these bean recipes:



1. Open the camera on your phone
2. Scan



Pasta with Greens & Beans



Black Bean & Chicken Enchiladas



5 Ingredient Easy Chili

Quinoa:

- ▶ Quinoa is high in protein, choline and folate
- ▶ Try using it in place of rice or pasta

Try these other quinoa recipes:



One Pan Mexican Quinoa



Quick Quinoa "Fried Rice"

- 1. Choline:** Important for your baby's brain development
- 2. Protein:** Important for your baby's growth and development
- 3. Iron:** Needed to support mom and baby's increased blood supply and meet their oxygen needs
- 4. Folate:** Prevents neural tube defects in your baby
- 5. Fiber:** Prevents constipation and promotes heart health
- 6. Omega-3s:** Needed for your baby's brain development

Seasoned Quinoa:

Ingredients:


- 1 c. quinoa, dry
- 2 c. water or low-sodium broth
- 1 Tbsp. oil or margarine
- 2 tsp. of your favorite seasoning (Italian, Greek, Taco/Fajita, or any mix of herbs or spices)



Directions:

1. Bring quinoa and water (or broth) to a boil in a saucepan.
2. Reduce heat to low, cover, and simmer 15-17 minutes, or until the water has completely absorbed
3. Turn off the heat
4. Stir in oil/margarine, and seasoning of choice

Canned Salmon and Light Tuna:

- ▶ Note: purchase canned Chunk **Light** Tuna. Fresh albacore and white tuna are unsafe
- ▶ Tuna and Salmon are high in protein and omega-3s⁶
- ▶ Use them in sandwiches, salads, pasta or casseroles
- ▶ Try using canned tuna, salmon or chicken in these protein patties: → 

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Tuna Casserole: (Adjust the recipe by using any vegetables you have on hand)

Ingredients:

- Cooking spray
- 12 oz. egg noodles
- 1 Tbsp. oil
- 3/4 c. onion (or 2 tsp. onion powder)
- 1 can, sliced mushrooms, no salt added
- 2/3 c. spinach, frozen or canned (drain and pat dry)
- 1/4 tsp. garlic powder
- 1/4 tsp paprika
- 3 Tbsp. flour
- 2 c. skim milk (can use milk prepared from powder)
- 1/4 tsp black pepper
- 1 5 oz. can Chunk **Light** Tuna, packed in water (drain)
- Optional: 1/2 cup low-fat cheese

Directions:

1. Preheat oven to 375 degrees F.
2. Spray a 9X13 in. baking dish with cooking spray
3. Cook pasta according to package directions (minus 2 minutes)
4. Add olive oil to large saute pan over medium-high heat. Add onions (or onion powder) and mushrooms and sauté about 5 min.
5. Add spinach (drained and patted dry) and all-purpose seasoning and remove from heat
6. In small bowl, whisk together flour, milk, and pepper. Pour over vegetables and bring to a boil.
7. Stir in the tuna (drained) and cooked noodles (drained)
8. Pour into greased baking pan
9. Top with cheese (optional) and bake 15 min.



Snacks:

Try these nutritious snack combinations:

- ▶ Women who are pregnant usually only need **1-2** extra snacks each day

• **Homemade Trail Mix:**

1. Mix together:
 - 1 c. multigrain cheerios
 - 3/4 c. nuts, unsalted
 - 1/3 c. dried fruit
 - 2 Tbsp. dark chocolate chips
2. Portion 1/2 c. of mixture into snack bags

• **Roasted Chickpeas**

1. Drain, rinse, and dry canned chickpeas
2. Toss with 1-2 Tbsp. oil and 2-4 tsp. of seasoning (like paprika, turmeric, cumin, or chili powder)
3. Roast at 400°F for 30-45 min., stirring frequently

• **Baked corn tortillas, dipped in salsa**

• **Hard-boiled eggs**

• **100% Whole Wheat Toast**

- Top with nut butter (like peanut or almond butter), scrambled eggs, hummus, mashed avocado, or low-fat cheese

• **Whole Grain Crackers:**

- Top with low-fat cheese, hummus, nut butter, or canned **Light** tuna that has been packed in water

• **Nut Butter** (like peanut or almond butter):

- Dip with apple slices, 1/2 banana, celery sticks, pretzels, or whole grain crackers

• **2/3 c. Low-fat Greek yogurt**

- Stir in 1/4 cup homemade granola or fruit



For more tasty and nutritious recipe ideas visit:

- <https://recipes.heart.org/en/recipes>
- <https://www.wicstrong.com/resources/recipes/>
- <https://www.diabetesfoodhub.org/all-recipes.html>
- <https://hungerandhealth.feedingamerica.org/healthy-recipes/>
- <https://www.capitalareafoodbank.org/what-we-do/nutrition-and-wellness/recipes/> (recipes available in Spanish)

