

LivingWell Cookbook

Recipes for During and After Pregnancy



Volume 1

by

Ucare

in partnership with

Chef Marshall O'Brien Group

LivingWell Cookbook
Recipes for During and After Pregnancy

First edition

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Nourishing is Different Than Eating

We all must eat to survive, but nourishing is different than just eating. Nourishing involves eating foods that help us perform, look and feel our best and help our children develop, physically and mentally, to their full potential. This is especially important during pregnancy and in the first year after babies are born.

This book was written to provide expectant and new parents with sound information and tasty, simple recipes to help them nourish themselves and their newborns during the physically and nutritionally demanding time surrounding their baby's birth.

How to Use This Book

The four main sections of this book focus on nutrition information and recipes that help meet a woman's specific nutrition needs during pregnancy and postpartum (the period of time after the baby is born). These recipes are fast and easy and many are designed for batch cooking and make-ahead convenience. The final section of Additional Information is helpful for anyone setting up a kitchen and doing meal planning and cooking. In addition, the final section provides the references cited in the nutrition articles in the front of the book.

Pregnancy and Postpartum (period of time after delivery) provides key information on foods to eat and avoid and recipes that provide the essential nutrients expectant and new mothers need.

Eat to Support Healthy Milk Supply contains key information and recipes for nursing mothers.

Nourish Your Postpartum Mood supplies recipes with ingredients containing key nutrients that will help busy postpartum mothers nourish their bodies and rebalance hormones after the birth of their baby.

Body Repair and Recovery focuses on key nutrients needed for the body to repair and recover from the physical demands of pregnancy and birth.

More Information: This section contains helpful articles designed to make your kitchen experience easier: setting up your kitchen, meal planning, purchasing and storing food, and kitchen and food safety.

The background is a light yellow color with a repeating pattern of various food items in a simple, line-art style. These items include watermelon slices, lemons, grapes, mushrooms, carrots, pineapples, and other fruits and vegetables.

EAT

♥ FOR ♥

Two

Pregnancy and Postpartum

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Nutrition for Pregnancy: Foods to Eat and Foods to Avoid

Pregnancy is an exciting time! Your body is working hard, not only to meet your needs but to meet the needs of your growing baby.

The foods you eat during this special time affect both your and your baby's health, influence your baby's taste preferences, and can even influence how you feel after your pregnancy.

Much nutrition advice during pregnancy lists foods you should AVOID to keep you and your baby safe. But the foods you SHOULD eat during pregnancy are just as important.

Here are foods and nutrients that are especially important for you to eat right now, along with those you should avoid, followed by delicious, tasty, easy recipes that help you eat well and deliciously during your pregnancy.

A Healthy, Balanced Diet for Pregnancy

Eating nourishing food is always important – but it is especially important when you are eating for two. Women who are pregnant should consume a well-balanced diet that includes a variety of fruits, vegetables, whole grains, lean protein (including 8 to 12 ounces of low mercury seafood per week, like salmon, trout, and anchovies), nuts, seeds, and healthy fats from foods like olive oil, avocados, and walnuts. Note that you'll also need extra protein and plenty of fluids when pregnant.

The Most Important Nutrients During Pregnancy

Eating the right foods now helps your baby develop to their full potential and helps you feel your best. These nutrients are some of the most important you'll need during pregnancy.

Folic Acid

Folic acid is an important B vitamin that is necessary for the proper development of your baby's brain and spine. Getting enough of this important vitamin is critical for avoiding certain birth defects. You need 600mcg folic acid daily when you are pregnant.

Because it can be difficult to obtain adequate amounts from food and because this vitamin is so important to your developing baby, you should take a folic acid supplement or a prenatal multivitamin that includes folic acid.



The best food sources of folic acid include¹:

- dark leafy greens, especially spinach
- beans, especially black-eyed peas
- asparagus
- Brussels sprouts
- liver
- rice
- fortified breakfast cereals

Key Nutrients During Pregnancy

- Folic acid
- Calcium
- Choline
- Iron
- Vitamin D

Iron

During pregnancy, the amount of blood in your body increases by up to 100 percent. Since iron is essential for making red blood cells, you'll need more iron when you are pregnant. Iron is also important for your baby's growth and development. You need 27mg iron per day when you are pregnant.

Your body can easily absorb the iron from lean meat and seafood; however, iron from plant-based foods is less well absorbed by your body. Having some vitamin C (from citrus fruits, bell peppers, strawberries, kiwis, or other sources) helps your body absorb the iron you eat in plant foods.

The best food sources of iron include²:

- cooked oysters
- white beans
- dark chocolate
- beef liver
- fortified breakfast cereals
- lentils
- spinach
- tofu
- sardines
- beef
- cashews

Calcium

Calcium helps your growing baby build strong bones and teeth. It also reduces your risk of a dangerous sudden increase in blood pressure, known as preeclampsia. You need 1,000mg of calcium per day when you are pregnant (and 1,300mg per day if you are under 18 years old and pregnant).

The best food sources of calcium include³:

- yogurt
- fortified orange juice
- mozzarella cheese
- sardines with bones
- cheddar cheese
- milk
- tofu with calcium sulfate
- turnip greens
- kale
- chia seeds



Vitamin D

Vitamin D supports healthy bone development in your baby in part because it helps your body absorb calcium. Having low levels of vitamin D is also associated with preeclampsia (a dangerous pregnancy complication that involves high blood pressure), gestational diabetes, and preterm birth.

While you can get some vitamin D from oily fish, eggs, mushrooms, and fortified foods, the sun is your best source. If you live in a northern climate, especially during winter, you may need a supplement to meet your body's needs.

Choline

Choline plays an important role in your baby's brain development and helps prevent developmental abnormalities of the brain and spine. In one study, infants of women who consumed more choline during their third trimester of pregnancy had better memory and were able to think more quickly than infants of women who consumed less choline.⁴

Most prenatal vitamins don't contain choline, so talk to your healthcare provider about taking a supplement and load up on these foods that are high in choline⁵:

- beef liver
- egg
- soybeans
- chicken breast
- beef
- cod
- redskin potatoes
- wheat germ

Foods to Avoid During Pregnancy

- Unpasteurized dairy products
- Raw sprouts
- Deli meats, meat spreads
- Store-made salads and cut fruits
- Alcohol
- High mercury fish
- Caffeine (minimize)

Foods to Avoid During Pregnancy

A well-rounded, balanced diet is critical for a healthy pregnancy and the health of your baby. But there are certain foods you should avoid eating when pregnant.

Foods More Likely to Cause Foodborne Illness

When you are pregnant, you are more susceptible to the effects of foodborne illness.

Avoid these foods that are more likely to cause foodborne illness:

- refrigerated smoked seafood
- refrigerated meat spreads
- hot dogs and deli meats, unless steaming hot
- unpasteurized milk and juices
- store-made salads, like chicken, egg, or tuna salad
- unpasteurized soft cheeses, like unpasteurized feta, Brie, queso blanco, queso fresco, blue cheeses
- raw sprouts, like alfalfa, clover, radish, mung beans
- pre-cut melon or other fruit pieces

Alcohol

Even small amounts of alcohol can cause a condition known as fetal alcohol syndrome. Note that some kombuchas contain small amounts of alcohol. And some cocktail mixes, like tonic water, contain chemicals that may be harmful to your developing baby. With so many delicious non-alcoholic drink options these days, it has never been easier – or more delicious – to avoid all alcohol during your pregnancy.

High-Mercury Fish

Certain fish have high levels of mercury that may be dangerous to your developing baby. In addition, some local fish caught by family and friends, such as larger carp, catfish, trout, and perch, are more likely to have fish advisories due to mercury or other contaminants. Check your state advisories before consuming fish caught locally. Avoid these (and other) high-mercury fish⁶:

- King mackerel
- Marlin
- Orange roughy
- Shark
- Swordfish
- Tilefish (Gulf of Mexico)
- Tuna, bigeye

Caffeine

Pregnant women should limit caffeine to less than 200mg per day, which equals about 12 ounces of caffeinated coffee. While small to moderate amounts of caffeine seem to be okay for pregnant women and their babies, scientists are still investigating whether higher amounts are safe.

A Note About Allergies

You should not restrict your food choices during pregnancy to prevent food allergies from developing in your child, unless advised by your healthcare provider.

Foods that Help with Morning Sickness

It is common for women who are pregnant to feel nausea at some point during their pregnancy. And, despite its name, morning sickness does not always occur in the morning. If you are throwing up excessively, can't keep food down, and are having trouble gaining an appropriate amount of weight, you may have a more serious condition and should contact your healthcare provider.

If you have periodic morning sickness, these foods and tips may help relieve your nausea and make you feel more comfortable:

- Forget three meals a day. Eating small meals and snacks throughout the day, particularly easily digestible food like toast or crackers, can help relieve nausea.
- Eat a small snack when you get up to go to the bathroom in the early morning.
- Some evidence suggests ginger can help relieve nausea.⁷
- Chamomile, cardamom, pomegranate and spearmint syrup, and lemon may also relieve nausea.⁸
- Try taking your prenatal vitamin along with a snack or meal, not on an empty stomach.

Feed Yourself and Your Baby a Healthy, Well-Balanced Diet

One of the best things you can do for yourself and your growing baby is to eat a well-balanced diet full of healthy, nourishing foods. These recipes were chosen to be delicious and high in the nutrients you and your baby need most during this special time. Most are easy to make and so yummy the rest of your family will devour them too!

Berry Ginger Oat Smoothie

Serves 2

Ingredients

½ cup prepared oatmeal (cooked and cooled)

½ cup plain yogurt, low-fat or regular

1 teaspoon fresh ginger, minced, or more to taste

2 cups frozen berries, mixed berries work well

1 tablespoon honey

½ cup cold water

Directions

Place ingredients in a blender, process until smooth and serve.



Nutrition Facts

Berry Ginger Oat Smoothie

Amount per Serving	
Calories	191
% Daily Value*	
Fat 4g	6%
Saturated Fat 2g	13%
Cholesterol 8mg	3%
Sodium 36mg	2%
Potassium 229mg	7%
Carbohydrates 38g	13%
Fiber 5g	21%
Sugar 25g	28%
Protein 4g	8%

Vitamin A 132IU	3%
Vitamin C 4mg	5%
Calcium 94mg	9%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Broccoli Egg Bake

Serves 4

Ingredients

2 tablespoons olive oil, plus extra to grease baking dish

1 pound frozen broccoli florets

8 eggs

½ teaspoon salt

½ teaspoon black pepper

3 tablespoons ground flax seed

½ cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees. Grease an 8x8 inch baking dish.

Heat olive oil in a skillet on medium high heat; add broccoli and cook until almost tender (al dente), about 8-10 minutes. Cover with skillet lid for part of the time to speed the process. This can be cooked in advance or leftover cooked broccoli can be used.

In a large bowl, whisk the eggs, ground flax seed, salt, and black pepper until light and fluffy.

Layer broccoli in the baking dish with half the cheese.

Pour whisked eggs over vegetables and sprinkle with remaining cheese.

Bake until golden brown and cooked through, about 30-35 minutes.

Cool slightly before serving.

Make-ahead tip: Pre-portion cooked egg bake in individual containers for an easy, well-balanced breakfast. It will keep for several days in the refrigerator.



Nutrition Facts	
Broccoli Egg Bake	
Amount per Serving	
Calories	297
	% Daily Value*
Fat 21g	32%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 338mg	113%
Sodium 543mg	24%
Potassium 537mg	15%
Carbohydrates 10g	3%
Fiber 4g	17%
Sugar 2g	2%
Protein 18g	36%
Vitamin A 1278IU	26%
Vitamin C 101mg	122%
Calcium 188mg	19%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Garlic Liver & Onions on Toast

Serves 4

Ingredients:

4 tablespoons butter
1 cup yellow onions, chopped
2 tablespoons garlic, minced
1 cup milk, to soak liver
1 pound liver
¼ teaspoon salt
¼ teaspoon black pepper
4 slices whole grain bread, toasted
Fresh parsley, chopped, for optional garnish

Directions:

Soak liver in milk for at least 30 minutes to lessen rich “gamey” flavor. Drain thoroughly.

Chop liver in small pieces.

Heat butter on medium heat in a large skillet. Add onions.

Cook until onions are tender and lightly browned, about 2-3 minutes.

Add garlic and liver, season with salt and pepper, and cook, stirring periodically, until liver changes color, about 2 minutes.

Serve on toasted bread.



Nutrition Facts

Garlic Liver and Onions on Toast

Amount per Serving	
Calories	352
% Daily Value*	
Fat 15g	23%
Saturated Fat 8g	50%
Trans Fat 1g	
Cholesterol 333mg	111%
Sodium 369mg	16%
Potassium 591mg	17%
Carbohydrates 24g	8%
Fiber 3g	13%
Sugar 6g	7%
Protein 30g	60%

Vitamin A 19501IU 390%
Vitamin C 6mg 7%
Calcium 128mg 13%
Iron 7mg 39%

* Percent Daily Values are based on a 2000 calorie diet.

Malawah (Somali Sweet Pancakes)

Serves 4

Ingredients

2 eggs

3 tablespoons sugar

¼ teaspoon salt

½ teaspoon cardamom powder

1½ cups whole wheat flour

1½ cups milk

2 tablespoons grapeseed oil for cooking

Directions

In a large mixing bowl, blend eggs, sugar, milk, salt and cardamom powder until smooth.

Add flour to egg mixture a few tablespoons at a time and mix until batter is smooth.

Heat a large non-stick skillet on medium heat.

Pour about ¼ cup of batter in the middle of the pan. Use a spoon or tilt the pan in a circular motion to quickly spread the batter in a thin layer around the pan.

Cook until lightly browned, about one minute; flip and cook on the other side for another 1 to 1½ minutes.

Serve with butter, jam, nut butter, and/or honey.



Nutrition Facts	
Malawah (Somali Sweet Pancakes)	
Amount per Serving	
Calories	338
	% Daily Value*
Fat 13g	20%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 91mg	30%
Sodium 217mg	9%
Potassium 317mg	9%
Carbohydrates 46g	15%
Fiber 5g	21%
Sugar 14g	16%
Protein 12g	24%
Vitamin A 271IU	5%
Vitamin C 1mg	1%
Calcium 132mg	13%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Maple Wild Rice Porridge with Apples

Serves 4

Ingredients:

1 cup dry wild rice, about 3 cups cooked

2 tablespoons butter

¼ cup walnuts, chopped

1 cup apples, diced

¼ cup real maple syrup

⅛ teaspoon kosher or sea salt

1½ cups milk

Directions

Cook wild rice according to package directions. This can be done in advance.

Heat butter, apples and walnuts in a medium saucepan on medium heat.

Simmer until apples are tender, 3-4 minutes.

Add syrup and salt and cook for 1 minute.

Add cooked wild rice and milk.

Bring to a boil, reduce heat to medium-low heat, and cook, uncovered, until volume of milk is reduced slightly, about 2-4 minutes.

Garnish with additional raw apple chunks, as desired.



Nutrition Facts	
Maple Wild Rice Porridge with Apples	
Amount per Serving	
Calories	367
	% Daily Value*
Fat 14g	22%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 24mg	8%
Sodium 167mg	7%
Potassium 404mg	12%
Carbohydrates 53g	18%
Fiber 4g	17%
Sugar 21g	23%
Protein 10g	20%
Vitamin A 349IU	7%
Vitamin C 2mg	2%
Calcium 145mg	15%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Millet Congee

Serves 3

Ingredients:

- 1 ripe pear, cored, sliced
- $\frac{3}{4}$ cup millet
- 6 cups water
- $\frac{1}{4}$ teaspoon kosher or sea salt
- $\frac{1}{2}$ teaspoon ginger powder
- $\frac{1}{2}$ teaspoon cinnamon

Directions

In a medium saucepan, on medium heat, toast millet with ginger and cinnamon, about 1 minute.

Add water, pear and salt.

Simmer, uncovered, until millet is soft, about 25-30 minutes, stirring occasionally.



Nutrition Facts	
Millet Congee	
Amount per Serving	
Calories	226
	% Daily Value*
Fat 2g	3%
Saturated Fat 1g	6%
Sodium 802mg	35%
Potassium 175mg	5%
Carbohydrates 46g	15%
Fiber 6g	25%
Sugar 6g	7%
Protein 6g	12%
Vitamin A 16IU	0%
Vitamin C 3mg	4%
Calcium 30mg	3%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Open-Faced Tarragon Egg Sandwich

Serves 4

Ingredients

- ¾ cup Greek yogurt
- 1 teaspoon dried tarragon
- 1 teaspoon lemon juice
- 8 hard-cooked eggs, chopped
- ¼ teaspoon kosher or sea salt
- 2 cups spinach, packed
- 4 slices whole grain bread

Directions

Combine yogurt, tarragon, lemon juice, eggs and salt in a bowl.

Toast bread.

Portion spinach on toast and top with egg mixture.

Note: *This tastes best when made a day ahead so flavors can blend.*



Nutrition Facts

Open-Faced Tarragon Egg Sandwich

Amount per Serving
Calories 251

% Daily Value*

Fat 12g	18%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 375mg	125%
Sodium 407mg	18%
Potassium 348mg	10%
Carbohydrates 15g	5%
Fiber 2g	8%
Sugar 4g	4%
Protein 21g	42%
Vitamin A 1950IU	39%
Vitamin C 5mg	6%
Calcium 142mg	14%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Overnight Berry Oatmeal

Serves 2

Ingredients

- 1 cup uncooked old-fashioned rolled oats
- 1 cup plain yogurt, regular or low-fat
- 1 cup milk, or unsweetened plant-based milk
- ¼ teaspoon vanilla extract
- 1 teaspoon honey, if desired
- 1 cup frozen mixed berries, thawed
- ½ cup walnuts, chopped

Directions

Thoroughly combine rolled oats, yogurt, milk, almond or vanilla extract, and maple syrup or honey.

Refrigerate overnight.

Stir in the berries and top with walnuts before serving



Nutrition Facts	
Overnight Berry Oatmeal	
Amount per Serving	
Calories	400
	% Daily Value*
Fat 22g	34%
Saturated Fat 4g	25%
Cholesterol 13mg	4%
Sodium 144mg	6%
Potassium 595mg	17%
Carbohydrates 41g	14%
Fiber 6g	25%
Sugar 30g	33%
Protein 15g	30%
Vitamin A 300IU	6%
Vitamin C 1mg	1%
Calcium 401mg	40%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Tuna Salad Pita Pocket

Serves 4

Ingredients

½ cup plain Greek yogurt, low-fat or regular

1 tablespoon whole-grain mustard

½ teaspoon dried thyme

1 teaspoon fresh lemon juice, or to taste

¼ cup celery, diced

4 4.5-ounce cans chunk light tuna, water-packed, well-drained

¼ teaspoon salt, or to taste

¼ teaspoon black pepper, or to taste

2 cups fresh spinach, loosely packed

4 pita bread pockets



Directions

Thoroughly combine yogurt, mustard, thyme, lemon juice, celery and tuna; mix well.

Season with salt and pepper.

Slice halfway along the edge of the pita breads to make a pocket. Line pita pockets with spinach and add portions of tuna mixture.

Nutrition Facts

Tuna Salad Pita Pocket

Amount per Serving

Calories **247**

% Daily Value*

Fat 2g **3%**

Saturated Fat 1g **6%**

Trans Fat 1g

Cholesterol 19mg **6%**

Sodium 544mg **24%**

Potassium 355mg **10%**

Carbohydrates 33g **11%**

Fiber 2g **8%**

Sugar 1g **1%**

Protein 24g **48%**

Vitamin A 1478IU **30%**

Vitamin C 5mg **6%**

Calcium 105mg **11%**

Iron 2mg **11%**

* Percent Daily Values are based on a 2000 calorie diet.

Veggie Cheddar Scrambler

Serves 4

Ingredients

- 8 large eggs
- 3 tablespoons ground flax seed
- 2 tablespoons unsalted butter
- 1 cup bell pepper, any color, diced
- 1 cup mushrooms, white or cremini, sliced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ cup sharp cheddar cheese

Directions

Whisk eggs with ground flax seed and set aside.

Melt butter in a large non-stick skillet on medium high heat. Add peppers and mushrooms.

Sprinkle with salt and pepper and cook, stirring occasionally, until peppers begin to get tender, about 3 minutes.

Add eggs and cook, stirring occasionally, until cooked through and firm, ab 2-3 minutes.

Add cheese and heat gently until cheese melts.



Nutrition Facts	
Veggie Cheddar Scrambler	
Amount per Serving	
Calories	278
	% Daily Value*
Fat 21g	32%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 357mg	119%
Sodium 363mg	16%
Potassium 336mg	10%
Carbohydrates 5g	2%
Fiber 2g	8%
Sugar 3g	3%
Protein 17g	34%
Vitamin A 1959IU	39%
Vitamin C 48mg	58%
Calcium 170mg	17%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Chicken & Chinese Cabbage Stir Fry

Serves 4

Ingredients

2 tablespoons olive or grapeseed oil

1½ pounds boneless, skinless chicken breast, chopped in bite-sized pieces

1½ pounds (about 10 cups) Chinese cabbage, washed, chopped

2 teaspoons garlic powder

¼ teaspoon kosher or sea salt

1 tablespoon soy sauce

3 tablespoons lime juice

½ teaspoon chili flakes, optional

Directions

In a very large skillet, heat oil on medium heat.

Once hot, increase heat to medium-high and add chicken, garlic powder and salt; Stir continually until mixture is half-cooked, about 2-3 minutes.

Add Chinese cabbage; sauté until tender, about 2-3 minutes.

Combine soy sauce, lime juice and chili flakes; add to pan and stir.

Serve with brown rice.



Nutrition Facts

Chicken & Chinese Cabbage Stir Fry

Amount per Serving
Calories 317

% Daily Value*

Fat 14g	22%
Saturated Fat 3g	19%
Cholesterol 107mg	36%
Sodium 382mg	17%
Potassium 823mg	24%
Carbohydrates 6g	2%
Fiber 1g	4%
Sugar 1g	1%
Protein 40g	80%
Vitamin A 453IU	9%
Vitamin C 9mg	11%
Calcium 61mg	6%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Coconut Veggie Stew

Serves 4

Ingredients

1½ pounds boneless, skinless chicken breast, trimmed, cubed

½ teaspoon kosher salt

¼ teaspoon black pepper

2 teaspoons ground cumin

1 teaspoon paprika

4 tablespoons olive oil

1 cup yellow onions, diced

1 cup celery, diced

1 teaspoon garlic powder

1 cup tomatoes, diced

1 can coconut milk

2 cups unsalted chicken stock—If using low-sodium chicken broth, reduce salt to ¼ teaspoon

Directions

In a large Dutch oven or soup pot, heat oil on medium high heat.

Add chicken; season with salt, pepper, cumin, paprika and garlic powder, and cook until browned and almost cooked through, 5-6 minutes.

Add onion and celery; cook until softened, 2-3 minutes.

Add tomatoes; stir and cook for 1 minute. Add chicken stock, reduce heat to a simmer and cook until chicken is very tender, 35-40 minutes.

Add coconut milk, simmer until hot and serve.

Optional: *Serve on top of cooked whole grain.*



Nutrition Facts	
Chicken Coconut Veggie Stew	
Amount per Serving	
Calories	600
	% Daily Value*
Fat 43g	66%
Saturated Fat 24g	150%
Trans Fat 1g	
Cholesterol 109mg	36%
Sodium 565mg	25%
Potassium 1237mg	35%
Carbohydrates 14g	5%
Fiber 4g	17%
Sugar 7g	8%
Protein 42g	84%
Vitamin A 527IU	11%
Vitamin C 15mg	18%
Calcium 63mg	6%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Chopped Salad

Serves 4

Ingredients

4 cups romaine lettuce, chopped

1 cup pinto beans, (½ of a 15-ounce can)
rinsed, drained

1 cup garbanzo beans, (½ of a 15-ounce can)
rinsed, drained

1 cup cannellini beans, (½ of a 15-ounce can)
rinsed, drained

1½ cups cucumber, chopped

1 cup red bell pepper, chopped

1 cup fresh broccoli, chopped

½ cup walnut pieces, chopped

Vinaigrette Ingredients

2 tablespoons lemon juice

2 teaspoons honey

2 tablespoons ground flax seed

⅓ cup olive oil

Salt and pepper, to taste

Vinaigrette Directions

Thoroughly combine vinaigrette ingredients.

Adjust salt and lemon balance, as desired.

Directions

Combine salad ingredients in a large bowl. This will be very colorful.

Shake dressing container or stir vigorously and toss dressing with salad immediately before serving.



Nutrition Facts	
Chopped Salad	
Amount per Serving	
Calories	480
	% Daily Value*
Fat 31g	48%
Saturated Fat 4g	25%
Sodium 115mg	5%
Potassium 743mg	21%
Carbohydrates 42g	14%
Fiber 14g	58%
Sugar 9g	10%
Protein 15g	30%
Vitamin A 5452IU	109%
Vitamin C 75mg	91%
Calcium 126mg	13%
Iron 5mg	28%
* Percent Daily Values are based on a 2000 calorie diet.	

Creamy Garden Chicken Salad

Serves 4

Ingredients

- 2 cups plain full-fat yogurt
- 1 tablespoon lemon juice
- ½ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 1 pound cooked chicken, chopped, about 2½ cups
- 1 cup fresh tomatoes, chopped
- 1 cup cucumber, chopped
- 1 15-ounce can Great Northern or cannellini beans, rinsed, drained
- ½ cup green onions, sliced, divided
- ½ cup walnuts, chopped, divided

Directions

To make the dressing, thoroughly combine yogurt, lemon juice, salt and pepper in a small bowl.

In a large bowl, combine remaining ingredients, reserving half of the green onions and walnuts.

Pour dressing over salad and toss to distribute evenly.

Garnish with remaining green onions and walnuts.



Nutrition Facts	
Creamy Garden Chicken Salad	
Amount per Serving	
Calories	505
	% Daily Value*
Fat 22g	34%
Saturated Fat 6g	38%
Cholesterol 101mg	34%
Sodium 441mg	19%
Potassium 1085mg	31%
Carbohydrates 35g	12%
Fiber 8g	33%
Sugar 8g	9%
Protein 44g	88%
Vitamin A 630IU	13%
Vitamin C 12mg	15%
Calcium 254mg	25%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Easy Zucchini & Lentils

Serves 6

Ingredients

2 tablespoons olive oil
1½ cups red onion, finely diced
4 cups (about 4 medium) zucchini, diced
2 teaspoons dried thyme
½ teaspoon kosher salt
1 cup green lentils, rinsed
2 tablespoons garlic, minced
1 14.5-ounce can diced tomatoes, with juice
1 quart (4 cups) low-sodium vegetable broth
1 cup water

Directions

In a large Dutch oven or soup pot, heat oil on medium-high heat.

Add zucchini, thyme, garlic and salt.

Sauté until vegetables are barely soft, about 2 minutes.

Add the lentils, diced tomatoes, broth and water; stir.

Cover, reduce heat to low and simmer until lentils are tender, about 35-40 minutes.



Nutrition Facts	
Easy Zucchini & Lentils	
Amount per Serving	
Calories	317
	% Daily Value*
Fat 8g	12%
Saturated Fat 1g	6%
Sodium 467mg	20%
Potassium 1096mg	31%
Carbohydrates 47g	16%
Fiber 19g	79%
Sugar 10g	11%
Protein 17g	34%
Vitamin A 416IU	8%
Vitamin C 40mg	48%
Calcium 113mg	11%
Iron 6mg	33%
* Percent Daily Values are based on a 2000 calorie diet.	

Lentil & Walnut Salad

Serves 4 (*1½ cup servings*)

Ingredients

- 4 tablespoon olive oil, divided
- 1 cup red onion, diced
- 1 tablespoon garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon salt
- 1 cup dried lentils
- 3 cups water
- 3 tablespoons cilantro, chopped
- 1 cup cherry tomatoes, chopped
- 1 tablespoon lemon juice
- ¼ cup toasted walnuts, chopped

Directions

Heat a sauté pan on medium heat. Add the oil, red onion and garlic. Cook until softened, 2-3 minutes. Add the cumin, paprika, salt and lentils and cook another minute, stirring constantly.

Add water, stir, bring to a boil and reduce to a simmer. Cover and cook until lentils are tender, about 35-40 minutes. Remove from heat and cool to room temperature.

Add cilantro, tomatoes, olive oil, lemon juice, and walnuts and serve.



Nutrition Facts	
Lentil & Walnut Salad	
Amount per Serving	
Calories	370
	% Daily Value*
Fat 19g	29%
Saturated Fat 2g	13%
Sodium 310mg	13%
Potassium 655mg	19%
Carbohydrates 36g	12%
Fiber 16g	67%
Sugar 4g	4%
Protein 15g	30%
Vitamin A 269IU	5%
Vitamin C 17mg	21%
Calcium 62mg	6%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

One-Pan Beef with Broccoli & Black-Eyed Peas

Serves 6

Ingredients

3 tablespoons olive oil

1½ pounds ground beef, 92% lean

1 teaspoon garlic powder

1 pound frozen broccoli florets

1 15-ounce can black-eyed peas,
(1½ cups), rinsed, drained

2 teaspoons dried Italian seasoning

2 15-ounce cans low-sodium diced tomatoes,
with juice

½ teaspoon kosher salt

¼ teaspoon black pepper

Directions

Heat a large skillet on medium-high heat.

Add ground beef; break apart with a spoon or heat-resistant spatula and cook beef until ¾ cooked, about 2 minutes.

Add onions, broccoli, Italian seasoning, salt and black pepper.

Stir to combine and cook until vegetables are tender, about 10-12 minutes; stir occasionally.

Add canned tomatoes and use the added liquid to deglaze the pan (scrape the flavorful browned bits from the pan). Mix well, cook for one minute and serve.



Nutrition Facts

One-Pan Beef with Broccoli &
Black-Eyed Peas

Amount per Serving
Calories 348

	% Daily Value*
Fat 13g	20%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 305mg	13%
Potassium 1008mg	29%
Carbohydrates 25g	8%
Fiber 8g	33%
Sugar 6g	7%
Protein 33g	66%
Vitamin A 588IU	12%
Vitamin C 75mg	91%
Calcium 100mg	10%
Iron 6mg	33%

* Percent Daily Values are based on a
2000 calorie diet.

Red, White & Green Quinoa Salad

Serves 4

Ingredients

- 1 cup quinoa, uncooked
- ¼ cup olive oil
- 2 tablespoons ground flax seed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups green peas, thawed if frozen
- 1 cup fresh tomatoes, chopped
- 2 tablespoons fresh lemon juice
- ½ cup shredded Parmesan cheese

Directions

Cook quinoa according to package directions; fluff with a fork and set aside to cool.

Combine lemon juice, olive oil, flax seed, salt and pepper to make the dressing.

Combine remaining ingredients, add dressing and toss to evenly distribute dressing.



Nutrition Facts	
Red, White & Green Quinoa Salad	
Amount per Serving	
Calories	416
	% Daily Value*
Fat 22g	34%
Saturated Fat 5g	31%
Cholesterol 11mg	4%
Sodium 346mg	15%
Potassium 558mg	16%
Carbohydrates 41g	14%
Fiber 8g	33%
Sugar 5g	6%
Protein 16g	32%
Vitamin A 980IU	20%
Vitamin C 37mg	45%
Calcium 191mg	19%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Salmon Pita with Eggs

Serves 4

Ingredients

4 whole wheat pita breads, 5-inch

½ cup plain Greek yogurt

2 tablespoons + 2 teaspoons Dijon mustard

1 pound cooked salmon, leftovers can be used

8 large eggs, hard-cooked

½ teaspoon kosher or sea salt

½ teaspoon black pepper

2 teaspoons lemon juice

1 large tomato, sliced

4 large romaine lettuce leaves, washed, dried

Directions

In a large mixing bowl, combine yogurt, mustard, salmon, eggs, salt, black pepper, and lemon juice.

Toast pita bread, if desired.

Create a pocket in each pita by inserting a knife and cutting halfway around the edge.

Line pita with tomato, and lettuce.

Portion salmon-egg mixture into pita pocket.



Nutrition Facts

Salmon Pita with Eggs

Amount per Serving
Calories 418

	% Daily Value*
Fat 15g	23%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 290mg	97%
Sodium 670mg	29%
Potassium 801mg	23%
Carbohydrates 32g	11%
Fiber 5g	21%
Sugar 4g	4%
Protein 39g	78%
Vitamin A 3093IU	62%
Vitamin C 6mg	7%
Calcium 100mg	10%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Three Sisters Soup

Serves 4 (*1½ cup servings*)

Ingredients

3 tablespoons butter
 1½ cups onion, chopped
 2 tablespoon garlic, minced
 ½ teaspoon ground coriander
 ½ teaspoon curry powder
 ¾ teaspoon kosher or sea salt
 4½ cups low-sodium vegetable stock
 ½ cup hominy, rinsed, drained
 1½ cups Great Northern beans, cooked
 4 cups butternut squash, frozen
 ½ cup green onions, sliced

Directions

Melt butter in a large saucepan over medium-high heat.

Add onion and garlic; cook for 3 to 5 minutes or until tender.

Stir in spices and cook for 1 minute.

Add hominy and beans; stir. Add vegetable stock and squash and bring to a boil.

Reduce heat to low and cook, stirring occasionally, for 15-20 minutes to develop flavors.

Turn off heat, portion into bowls, garnish with green onions and serve.



Nutrition Facts	
Three Sisters Soup	
Amount per Serving	
Calories	279
	% Daily Value*
Fat 9g	14%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 23mg	8%
Sodium 377mg	16%
Potassium 875mg	25%
Carbohydrates 44g	15%
Fiber 9g	38%
Sugar 7g	8%
Protein 9g	18%
Vitamin A 15273IU	305%
Vitamin C 38mg	46%
Calcium 140mg	14%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	



Grab-and-Go Snacks

Snacks can be very simple and easy to prepare. The trick is to do some planning so you (and your children) have snack foods available. This enables eating frequently enough to maintain a high energy level and keep your blood sugar stable so you are not tempted to overeat sugary and salty foods.

Following are several tips and ideas for simple, but satisfying snacks, courtesy of the USDA and the Chef Marshall Group:

Make it a combo

Combine food groups for a satisfying snack that supplies lean protein, healthy fats and slow carbohydrates. These three macronutrients should be part of every meal and snack to provide you with great energy and stable blood sugar.

Eat vibrant veggies

Brightly colored vegetables contain a wide variety of nutrients. To tempt taste buds, spice up raw vegetables with dips that contain the healthy fat needed to absorb fat-soluble nutrients. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or a homemade ranch dressing. Cut up some extra veggies when you are preparing dinner so you always have them on hand.

Build your own snack mix

Make your own high-quality trail mix with unsalted nuts and add-ins such as sunflower or pumpkin seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.

Prep ahead for grab-and-go convenience

Portion snack foods into baggies or containers when you get home from the store so they're ready to go when you need them. This also helps with portion control: Some tasty, healthy snacks are high in calories, so they should be consumed in controlled quantities.

Snack on the go

Bring ready-to-eat snacks when you're out. A banana (or apple or orange), yogurt (in a cooler), or baby carrots are delicious, portable and provide essential nutrients.





Simple Snack Ideas

Blend plain yogurt with 100% fruit juice and frozen peaches for a tasty smoothie. Prepare and freeze individual servings the night before and they will be thawed by the time you need amid-morning snack.

Yogurt

Mix fresh or frozen fruit with plain yogurt for an easy, satisfying snack.

Nibble on lean protein

Choose protein foods such as packets of nut butter with apple wedges or handfuls of unsalted nuts. Buy high-quality protein bars (lower sugar, fewer preservatives) for when you are on the go. Store hard-cooked (boiled) eggs in the refrigerator to enjoy at any time.

Don't forget the healthy fat

Choose protein foods such as packets of nut butter with apple wedges or handfuls of unsalted nuts. Buy high-quality protein bars (lower sugar, fewer preservatives) for when you are on the go. Store hard-cooked (boiled) eggs in the refrigerator to enjoy at any time.

Focus on whole grains

Pair whole grain crackers with pasteurized cheese slices; spread cream cheese or avocado with salsa on whole grain tortillas. Add leftover sliced chicken or turkey breast if it is thoroughly cooked. Limit unrefined grains, snack bars, cakes and sweetened cereals.

Fruits are quick and easy

Fresh fruits can be easy "grab-and-go" options that need little preparation and keep well.

Consider convenience

A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an after-school snack.

Homemade goodies reduce sugar

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter by using unsweetened applesauce to reduce the fat.

Banana Nut Energy Bites

Serves 12

Ingredients

1 large overripe banana

1 cup quick oats

½ cup sunflower seeds

⅓ cup raisins

¾ cup natural creamy peanut butter
(no sugar added)

¼ cup dark mini chocolate chips

Directions

In a medium bowl, mash banana with a fork until smooth. Stir in oats, sunflower seeds, raisins, peanut butter and chocolate chips.

Roll into tablespoon-sized balls and flatten slightly for 24 pieces, or use two tablespoons for larger balls, which yields 12 pieces.



Nutrition Facts

Banana Nut Energy Bites

Amount per Serving
Calories 193

% Daily Value*

Fat 13g	20%
Saturated Fat 3g	19%
Cholesterol 1mg	0%
Sodium 80mg	3%
Potassium 257mg	7%
Carbohydrates 16g	5%
Fiber 3g	13%
Sugar 4g	4%
Protein 7g	14%
Vitamin A 9IU	0%
Vitamin C 1mg	1%
Calcium 27mg	3%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Creamy Spicy Bean Dip

Serves 8

Ingredients

- ¼ cup olive oil
- ½ teaspoon garlic powder or granulated garlic
- 2 teaspoons chili powder
- 2 teaspoons cumin
- ½ teaspoon dried basil
- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 15-ounce can low-sodium chickpeas, rinsed and drained
- 2 tablespoons lime juice (about 1 lime)
- ¼ cup water
- ½ teaspoon salt
- 1 teaspoon Tabasco or sriracha sauce, or to taste

Directions

Place all ingredients in a blender or food processor and blend until smooth.

Serve with vegetables, crackers or chips.



Nutrition Facts	
Creamy Spicy Bean Dip	
Amount per Serving	
Calories	166
	% Daily Value*
Fat 8g	12%
Saturated Fat 1g	6%
Sodium 544mg	24%
Potassium 284mg	8%
Carbohydrates 18g	6%
Fiber 7g	29%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 169IU	3%
Vitamin C 3mg	4%
Calcium 48mg	5%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Dark Chocolate Yogurt Dip

Serves 2

Ingredients

1 cup plain Greek yogurt, low-fat or regular

1 tablespoon unsweetened dark cocoa powder, or to taste

1 tablespoon honey, or to taste

½ cup banana, sliced

½ cup apple, cored and sliced

Directions

Mix yogurt with cocoa and honey, adjust to taste.

Serve with sliced bananas and apples or other fruit of choice.



Nutrition Facts

Dark Chocolate Yogurt Dip

Amount per Serving
Calories 146

% Daily Value*

Fat 1g	2%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 5mg	2%
Sodium 38mg	2%
Potassium 352mg	10%
Carbohydrates 27g	9%
Fiber 3g	13%
Sugar 20g	22%
Protein 11g	22%
Vitamin A 45IU	1%
Vitamin C 5mg	6%
Calcium 118mg	12%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Quick & Easy Trail Mix

Serves **12**

Ingredients

$\frac{3}{4}$ cup raisins

1 cup almonds, or other nut of choice

1 cup sunflower seeds, salted if desired

$\frac{1}{2}$ cup dark chocolate chips

Directions

Place all ingredients in a bowl and mix well.

Portion $\frac{1}{4}$ cup servings in individual grab-and-go bags.



Nutrition Facts	
Quick and Easy Trail Mix	
Amount per Serving	
Calories	201
	% Daily Value*
Fat 14g	22%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 12mg	1%
Potassium 278mg	8%
Carbohydrates 16g	5%
Fiber 3g	13%
Sugar 3g	3%
Protein 6g	12%
Vitamin A 6IU	0%
Vitamin C 1mg	1%
Calcium 65mg	7%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Strawberry Peach Smoothie

Serves 4

Ingredients

1 cup water

½ cup Greek yogurt, low-fat or regular

1½ cups frozen strawberries

1½ cups frozen peaches

2 tablespoons honey, or to taste

¼ cup ground flax seed

1-2 scoops whey or vegetable protein powder (optional)

Directions

Pulse all ingredients in a blender until smooth.

Note: *This recipe can be made ahead and frozen in single-portion containers.*



Nutrition Facts

Strawberry Peach Smoothie

Amount per Serving
Calories 140

% Daily Value*

Fat 5g	8%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 16mg	1%
Potassium 314mg	9%
Carbohydrates 22g	7%
Fiber 5g	21%
Sugar 17g	19%
Protein 5g	10%
Vitamin A 196IU	4%
Vitamin C 36mg	44%
Calcium 68mg	7%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Sweet & Savory Energy Bites

Serves **16**

Ingredients

- 1 cup old-fashioned (regular) oats
- 1 cup natural creamy peanut butter, or another nut butter, no sugar added
- ½ cup unsweetened coconut flakes
- ¼ cup ground flax seed
- ¼ cup semisweet mini chocolate chips
- ¼ cup sunflower seeds
- ½ teaspoon cinnamon
- ¼ teaspoon kosher salt



Directions

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and refrigerate for 30 minutes.

Roll about 2 tablespoons of mixture between hands, squeezing into golf ball-sized balls. This requires rolling quite a few times so ingredients stick together. Some people prefer to make these smaller, using 1 tablespoon of the mixture per ball

Store in an airtight container, refrigerated, for up to 1 week. Make in batches and freeze for months.

Note: *These taste even better the next day, after the flavors blend.*

Nutrition Facts

Sweet and Savory Energy Bites

Amount per Serving
Calories 179

% Daily Value*

Fat 14g	22%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 1mg	0%
Sodium 113mg	5%
Potassium 192mg	5%
Carbohydrates 10g	3%
Fiber 3g	13%
Sugar 3g	3%
Protein 6g	12%
Vitamin A 3IU	0%
Vitamin C 1mg	1%
Calcium 21mg	2%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Tropical Trail Mix

Serves 16

Ingredients

- 1 cup dried apricots or mangos, chopped
- 1 cup pecans, (or other nut of choice), chopped
- 1 cup shelled pepitas (pumpkin seeds)
- 1 cup sunflower seeds, salted if desired
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon sea salt (omit if sunflower seeds are salted)

Directions

Toss dried fruit with spices and salt in a bowl.
Add remaining ingredients and mix well.

Portion ¼ cup servings into single serving bags.



Nutrition Facts

Tropical Trail Mix

Amount per Serving
Calories 154

% Daily Value*

Fat 12g	18%
Saturated Fat 1g	6%
Trans Fat 1g	
Sodium 39mg	2%
Potassium 232mg	7%
Carbohydrates 9g	3%
Fiber 2g	8%
Sugar 5g	6%
Protein 5g	10%
Vitamin A 301IU	6%
Vitamin C 1mg	1%
Calcium 20mg	2%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Beef Tacos

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 pound ground beef, at least 80% lean
- 1 teaspoon paprika
- 2 teaspoons cumin
- 1 teaspoon chili powder
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cups button mushrooms, chopped
- 1½ cups green peas
- 1 cup mozzarella cheese, shredded
- 4 8-inch whole wheat tortillas

Directions

Heat skillet over medium heat and add oil, beef, spices and salt. Break up meat and mix well.

Cook until meat is ¾ cooked; add chopped mushrooms and peas and mix well.

Continue cooking until mushrooms are tender, about 4-6 minutes.

Portion mixture into tortillas and garnish with mozzarella cheese.



Nutrition Facts	
Beef Tacos	
Amount per Serving	
Calories	502
	% Daily Value*
Fat 26g	40%
Saturated Fat 9g	56%
Trans Fat 1g	
Cholesterol 89mg	30%
Sodium 741mg	32%
Potassium 711mg	20%
Carbohydrates 30g	10%
Fiber 5g	21%
Sugar 4g	4%
Protein 37g	74%
Vitamin A 616IU	12%
Vitamin C 24mg	29%
Calcium 190mg	19%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Braised Beef with Greens

Serves 4

Ingredients

- 1½ pounds beef chuck roast, or other economical cut
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- 10 cups collard greens, washed, chopped
- 1 15-ounce can low-sodium diced tomatoes
- ½ cup water
- 3 tablespoons ground flax seed

Directions

- Heat oil in a large soup pot on medium high heat.
- Add beef and season with salt and Italian seasoning.
- Brown all sides, about 3-5 minutes.
- Add chopped collard greens, tomatoes and water and stir.
- Cover and simmer on low heat until beef is tender and greens are still slightly chewy, about 55-65 minutes.
- Stir in ground flaxseed and serve.



Nutrition Facts

Braised Beef with Greens

Amount per Serving	
Calories	444
	% Daily Value*
Fat 29g	45%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 117mg	39%
Sodium 458mg	20%
Potassium 1005mg	29%
Carbohydrates 11g	4%
Fiber 6g	25%
Sugar 3g	3%
Protein 37g	74%
Vitamin A 4672IU	93%
Vitamin C 42mg	51%
Calcium 293mg	29%
Iron 6mg	33%

* Percent Daily Values are based on a 2000 calorie diet.

Curried Chicken & Sweet Potatoes

Serves 4

Ingredients

- 3 tablespoons olive oil
- ½ teaspoon salt
- 1½ cups onion, sliced
- 1½ pounds boneless, skinless chicken breast, chopped
- 1½ teaspoons curry powder
- ½ teaspoon paprika
- 3 cups sweet potatoes, peeled and cut in medium chunks
- ½ cup fresh parsley, chopped
- fresh lime juice, optional

Directions

Heat a large frying pan on medium heat. Add oil, chicken, and salt; stir.

Add curry powder and paprika; stir. Cook until chicken starts to brown on all sides, about 2 minutes.

Add sweet potatoes and stir to combine. Add a few splashes of water to create steam and cover pan. Turn heat down to medium-low and cook, stirring periodically, until sweet potatoes start to soften, about 10-12 minutes.

Add fresh parsley, mix gently and remove from heat.



Nutrition Facts	
Curried Chicken & Sweet Potatoes	
Amount per Serving	
Calories	432
	% Daily Value*
Fat 18g	28%
Saturated Fat 4g	25%
Cholesterol 107mg	36%
Sodium 436mg	19%
Potassium 1115mg	32%
Carbohydrates 27g	9%
Fiber 5g	21%
Sugar 7g	8%
Protein 41g	82%
Vitamin A 14811IU	296%
Vitamin C 18mg	22%
Calcium 66mg	7%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

One-Pan Roasted Tofu & Red Cabbage

Serves 4

Ingredients

20 ounces extra (super)-firm tofu

¼ cup grapeseed oil

2 tablespoons low-sodium soy or tamari sauce, divided

1 tablespoon cornstarch or arrowroot starch

1 teaspoon garlic powder

6 cups red cabbage, thinly sliced

¼ teaspoon kosher or sea salt

Directions

Preheat oven to 400 degrees.

Drain tofu and cut into approximately ½ inch cubes.

Place cubed tofu in a rimmed dish and lay paper towel on top of tofu.

Gently press down on tofu to extract moisture. Repeat process 3-4 times, using 3-4 paper towels. A lint-free towel may be used instead of the paper towels.

Transfer the pressed tofu to a parchment or foil-lined sheet pan, toss with olive oil and soy sauce or tamari.

Sprinkle cornstarch over tofu and gently mix the tofu until the starch coats it evenly, so there are no powdery spots remaining.

Bake seasoned tofu until deeply golden on the edges. Remove from oven and sheet pan, set aside.

Using the same sheet pan, toss sliced cabbage with remaining oil, soy or tamari, and salt.

Spread cabbage evenly on sheet pan and cook until cabbage is tender and lightly browned, about 15 minutes.

Scatter tofu around cabbage on the sheet pan, and cook 5 additional minutes.



Nutrition Facts

One-Pan Roasted Tofu & Red Cabbage

Amount per Serving
Calories 254

% Daily Value*

Fat 17g	26%
Saturated Fat 2g	13%
Sodium 538mg	23%
Potassium 566mg	16%
Carbohydrates 16g	5%
Fiber 3g	13%
Sugar 7g	8%
Protein 13g	26%
Vitamin A 1490IU	30%
Vitamin C 76mg	92%
Calcium 106mg	11%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Salsa Salmon & Garlic Potatoes

Serves 4

Ingredients for the Salmon

- 1½ pounds salmon fillets
- 2 tablespoons olive oil, divided
- 2 cups tomatoes, any variety, chopped
- ½ cup onion, diced
- ¼ cup fresh cilantro, chopped
- 2 tablespoons fresh lime juice
- ¼ teaspoon kosher or sea salt
- ⅛ teaspoon black pepper

Ingredients for the Potatoes

- 1¼ pounds red potatoes, quartered, about 4 cups
- 2 tablespoons olive oil
- 1 teaspoon garlic powder

Directions

Preheat oven to 400 degrees.

Mix tomatoes, onions, cilantro, lime juice, salt and pepper in a large mixing bowl. Set aside.

Place potatoes on a parchment or foil-lined baking sheet pan and season with garlic powder and half of the olive oil. Mix and spread out on pan.

Roast potatoes on middle oven rack until golden and tender, about 25-30 minutes.

Lay salmon on a parchment or foil-lined sheet pan and season with salt and remaining olive oil.

Bake on top oven rack until very lightly golden and firm to the touch, about 10-15 minutes.

Divide into 4 portions, garnish with tomato salsa and serve.



Nutrition Facts	
Salsa Salmon & Garlic Potatoes	
Amount per Serving	
Calories	491
	% Daily Value*
Fat 25g	38%
Saturated Fat 4g	25%
Cholesterol 94mg	31%
Sodium 252mg	11%
Potassium 1708mg	49%
Carbohydrates 29g	10%
Fiber 4g	17%
Sugar 5g	6%
Protein 37g	74%
Vitamin A 771IU	15%
Vitamin C 26mg	32%
Calcium 49mg	5%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Savory Sardine & Tomato Stew

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 cup onion, finely chopped
- 3 tablespoons garlic, minced
- $\frac{1}{4}$ teaspoon kosher or sea salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon paprika
- 2 cans low-sodium diced tomatoes
- 2 cups water
- 4 3.75-ounce cans boneless, skinless sardines, packed in olive oil, drained
- 1-2 tablespoons fresh lemon juice

Directions

Heat oil in a large soup pot on medium heat; add onion and sauté until tender.

Add garlic, tomatoes, spices and water. Simmer, covered, for 10 minutes

Add sardines and simmer, uncovered, for 10 minutes longer.

Stir in lemon juice.

Portion, sprinkle with additional fresh lemon juice, if desired, and serve.

Note: *Can be served over rice, if desired.*



Nutrition Facts	
Malawah (Somali Sweet Pancakes)	
Amount per Serving	
Calories	338
	% Daily Value*
Fat 13g	20%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 91mg	30%
Sodium 217mg	9%
Potassium 317mg	9%
Carbohydrates 46g	15%
Fiber 5g	21%
Sugar 14g	16%
Protein 12g	24%
Vitamin A 271IU	5%
Vitamin C 1mg	1%
Calcium 132mg	13%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Skillet Beans with Peppers & Spinach

Serves 4

Ingredients

- 2 bags baby spinach, (10-ounces)
- 2 cups red bell pepper, chopped
- ½ teaspoon kosher or sea salt
- ¼ teaspoon black pepper
- 2 cups cannellini beans, (1 14.5-ounce can) rinsed, drained
- ½ cup Parmesan cheese
- 1 cup walnuts, chopped
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- ½ cup water

Directions

Heat oil in a large skillet on medium heat.

Add bell peppers, salt and black pepper and cook for 1 minute.

Add beans and cook until peppers are tender, about 2-3 minutes.

Add spinach and cook until just wilted.

Add water and deglaze pan for extra flavor by scraping the brown bits from the bottom of the pan.

Add lemon juice and stir. Add two-thirds of Parmesan cheese and walnuts and stir.

To serve, garnish with remaining cheese and walnuts.



Nutrition Facts	
Skillet Beans with Peppers & Spinach	
Amount per Serving	
Calories	419
	% Daily Value*
Fat 30g	46%
Saturated Fat 5g	31%
Cholesterol 9mg	3%
Sodium 610mg	27%
Potassium 790mg	23%
Carbohydrates 25g	8%
Fiber 8g	33%
Sugar 5g	6%
Protein 19g	38%
Vitamin A 2484IU	50%
Vitamin C 97mg	118%
Calcium 184mg	18%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Suugo Suqaar (Somali Pasta Sauce with Meat)

Serves 4

Ingredients

8 ounces whole wheat spaghetti
3 tablespoons olive oil
2 tablespoons garlic, minced
1 cup green bell pepper, chopped small
1 cup red onion, chopped small
1½ pounds ground turkey
2 tablespoons Xawaash spice blend, (recipe below)
½ teaspoon kosher salt, plus more as needed
2 tablespoons tomato paste
1 28-ounce can low-sodium diced tomatoes
¾ cup water
¼ cup cilantro, chopped, or more to taste

Xawaash Spice Blend Makes about 2/3 cup

Ingredients

½ teaspoon ground cinnamon
4 tablespoons ground cumin
4 tablespoons ground coriander
1 teaspoon ground black pepper
¼ teaspoon ground cardamom
¼ teaspoon ground clove
2 tablespoons ground turmeric

Spice Blend Directions

Combine all ingredients and store in an airtight jar, away from heat and light.

Sauce Directions

Heat oil on medium heat in a Dutch oven or large saucepan. Add garlic, bell pepper and onion.

Cook, stirring occasionally, until vegetables are tender, about 4-5 minutes.

Add the turkey, salt and spice blend. Break up the turkey and cook, stirring occasionally, until lightly browned, about 5-7 minutes.

Add the tomato paste, diced tomatoes and water.

Stir well to combine, making sure to scrape the flavorful browned bits from the bottom of the skillet.

Bring sauce to a boil, then reduce heat to low. Cover and simmer, stirring occasionally, for 25-30 minutes.

Stir in cilantro before serving.



Nutrition Facts

Suugo Suqaar (Somali Pasta Sauce with Meat)

Amount per Serving
Calories 604

	% Daily Value*
Fat 18g	28%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 94mg	31%
Sodium 486mg	21%
Potassium 1506mg	43%
Carbohydrates 67g	22%
Fiber 8g	33%
Sugar 9g	10%
Protein 53g	106%
Vitamin A 691IU	14%
Vitamin C 58mg	70%
Calcium 221mg	22%
Iron 12mg	67%

* Percent Daily Values are based on a 2000 calorie diet.

Tilapia with Zucchini & Potatoes

Serves 4

Ingredients

- 1½ pounds tilapia, cut into 4 equal portions
- 3 tablespoons olive oil, divided
- 1 teaspoon garlic powder, divided
- 2 teaspoons Italian seasoning, divided
- ½ teaspoon kosher salt, divided
- 2 cups (about 1 pound) red potatoes, sliced
- 2 cups (about 2 medium) zucchini, chunked
- 2 cups fresh spinach, chopped

Directions

Preheat oven to 400 degrees. Line a sheet pan with parchment or foil.

Put potatoes and zucchini on sheet pan and drizzle with half of the olive oil, salt, Italian seasoning and garlic powder. Mix and spread evenly on pan.

Roast potatoes on middle oven rack until golden and tender, about 20-25 minutes.

Combine spinach with roasted vegetables.

If using the same sheet pan to bake tilapia, transfer vegetables to a bowl.

Lay tilapia on a parchment or foil-lined sheet pan, season with remaining olive oil, and seasonings.

Bake on top oven rack until very lightly golden and firm to touch, about 5-8 minutes.

Plate tilapia with vegetable mixture and serve.



Nutrition Facts	
Tilapia with Zucchini & Potatoes	
Amount per Serving	
Calories	301
	% Daily Value*
Fat 14g	22%
Saturated Fat 3g	19%
Cholesterol 85mg	28%
Sodium 404mg	18%
Potassium 952mg	27%
Carbohydrates 10g	3%
Fiber 2g	8%
Sugar 2g	2%
Protein 36g	72%
Vitamin A 1550IU	31%
Vitamin C 19mg	23%
Calcium 62mg	6%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Turmeric Ginger Shrimp with Rice Noodles

Serves 4

Ingredients

8 ounces pad thai rice noodles

1½ pounds shrimp, 16-20 count, raw, peeled, tail on, thawed

3 tablespoons olive oil

1 teaspoon ground turmeric

1 teaspoon ground ginger

1 teaspoon dried basil

1 tablespoon soy sauce

½ cup green onion, sliced (Include green and white parts)

½ teaspoon kosher salt

Directions

Cook noodles according to package directions. Rinse under cold water and drain well to stop the cooking process. This can be done in advance.

In a mixing bowl combine shrimp with spices, soy sauce and salt.

Heat oil in a large skillet on medium-high heat.

Carefully pour shrimp mixture into the pan; cook until shrimp turns pink, about 2-3 minutes, stirring periodically.

Stir in green onions, add cooked noodles and gently mix. Remove from heat and serve immediately.



Nutrition Facts

Turmeric Ginger Shrimp with Rice Noodles

Amount per Serving
Calories 477

% Daily Value*

Fat 11g **17%**

Saturated Fat 2g **13%**

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 322mg **107%**

Sodium 718mg **31%**

Potassium 85mg **2%**

Carbohydrates 50g **17%**

Fiber 2g **8%**

Sugar 1g **1%**

Protein 43g **86%**

Vitamin A 127IU **3%**

Vitamin C 2mg **2%**

Calcium 27mg **3%**

Iron 1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.

The background is a light yellow color with a repeating pattern of various food items in a simple line-art style. These items include watermelon slices, lemons, grapes, carrots, mushrooms, pineapples, and other fruits and vegetables. In the center of the image is a white rectangular box containing the text.

*3 Months
from now
you will
thank
yourself*

Eat to Support a Healthy Milk Supply

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Eat to Support Healthy Milk Supply

While you were pregnant, your body provided everything your baby needed to develop and thrive. Breast milk provides optimal nutrition for your baby once they are born. The American Academy of Pediatrics recommends exclusive breast feeding for your baby's first 6 months and breast feeding at least through their first year of life.¹

What You Eat Affects the Quality of Your Breast Milk

You want to give your baby everything they need to develop to their full potential as they grow. Just as the foods you ate while pregnant fed both you and your baby, the foods you eat during the months after baby is born nourish your baby through your breast milk.

The foods you eat impact the nutritional content of your breast milk. Eating a healthy, well-balanced diet, with particular emphasis on certain nutrients, helps ensure your breast milk contains all the important nutrients your baby needs to thrive.

Your Nutritional Needs During Lactation

Pay particular attention to these key nutrients that will help fuel you and your baby through the demands of the fourth trimester and beyond.

Calories

While breast feeding, you'll need between 330 to 400 calories *more* than you needed before you were pregnant.² Some women find they are even hungrier – and thirstier – while breast feeding than they were while pregnant.

Protein

Protein is essential for producing breast milk. According to the Dietary Guidelines for Americans, breastfeeding moms need 71g of protein per day.² This amounts to about 5 to 7 ounces of protein foods, like fish, poultry, meats, eggs, nuts and seeds, legumes, and soy foods, every day.



Tips for Lactation

Increase:

- Calories, especially protein
- Water
- Healthy fats
- Variety of nutritious foods

Reduce:

- Caffeine
- Alcohol
- Stress
- Tobacco use

Vitamins and Minerals

Not all of the nutrients you eat pass into your breast milk. However, for some vitamins and minerals, the amount you eat directly affects the levels found in your breast milk. These vitamins and minerals include vitamin A, D, K, C, B1, B6, B12, and folate, as well as iodine and selenium.^{1,3}

Choline is an important nutrient that supports the growth and development of your baby's brain and spinal cord.² Most women do not meet the recommended intakes of choline during lactation and often choline is not included in prenatal vitamins. You can meet your needs by eating plenty of eggs, meats, seafood, beans, peas, and lentils.

Your iodine needs increase considerably during pregnancy and lactation.² You can get adequate iodine by using iodized table salt whenever you use salt in your cooking, along with enjoying dairy, eggs, and seafood.

Consider continuing to take your prenatal vitamin along with eating a varied, healthy diet while breast feeding to be sure you are meeting your nutritional needs.



Healthy Fats

The concentration of healthy omega-3 fatty acids in your breast milk is affected by the amount of omega-3 fatty acids you eat.³ Research suggests healthy fats found in fatty fish help promote cognitive development in young children. In some studies, infants of mothers with high amounts of the healthy omega-3 fatty acid DHA in their breast milk have been shown to have improved brain and vision development.

Aim to eat 8 to 12 ounces (or one to three servings) of low methylmercury seafood, like anchovies, Atlantic mackerel, salmon, and canned tuna, per week.² You can also obtain healthy fats from vegetarian sources, like walnuts, chia seeds, and flax seeds.

Water

You may find you are thirstier while you are breast feeding than you were when you were pregnant. Breast milk is largely made up of water, so it's no big surprise that you'll need to drink plenty of fluids to produce a healthy supply of breast milk. As long as you drink enough water to satisfy your thirst, you should be getting plenty of fluids to meet your needs.

Considerations for Caffeine

Caring for a young baby is tiring, especially when you're not able to get enough or continuous sleep. You may be tempted to reach for that cup of coffee or tea to help you make it through the day.

But caffeine passes to your baby in small amounts through your breast milk and could make your baby irritable or interfere with their sleep. While low to moderate amounts of caffeine (300mg or less, or about 2 to 3 cups of coffee) usually doesn't seem to harm breast feeding babies, preterm and younger newborns break down caffeine more slowly. Consider limiting your caffeine intake while your baby is very young.

Remember, caffeine isn't only in coffee; It can be found in tea, energy drinks, and chocolate as well.



Limit Alcohol

The alcohol you drink passes into your breast milk. It typically takes about two to three hours for the alcohol from one drink to clear from your breast milk. There is no level of alcohol in breast milk that is considered safe for your baby.

Consider pumping before you drink alcohol so you have breast milk to feed your baby until your milk is free of alcohol. As a rule, you should wait at least 2 hours after a single drink before nursing or expressing breast milk.²

Other Lifestyle Factors

Both stress and anxiety can decrease milk production¹ but also pregnancy outcomes and the health of her fetus-neonate.

Cigarette smoke can also decrease milk production.¹but also pregnancy outcomes and the health of her fetus-neonate.

Aim for Variety

The foods you eat alter the flavor of your breast milk. This exposes your baby to different tastes early in their life, which may help them enjoy a variety of solid foods as they get older.

There is no need to go on a special diet while you are breast feeding, and the foods that were off limits while you were pregnant – like soft cheeses and under-cooked meats and fish – are back on the table once baby is born. That means you have many options to enjoy delicious and nourishing food that will help you and baby thrive during the fourth trimester and beyond!

Curried Liver & Eggs

Serves 4

Ingredients

- 1 cup milk, to soak liver
- 1 pound liver
- 4 tablespoons butter
- ½ cup yellow onions, chopped
- 2 tablespoons garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 8 eggs, whisked
- 1 cup tomato, chopped

Directions

Soak liver in milk for at least 30 minutes to lessen rich “gamey” flavor. Drain thoroughly.

Chop liver in small pieces.

Heat butter on medium heat in a large skillet and add onions.

Cook until onions are tender and lightly browned, about 2-3 minutes.

Add garlic and liver, season with salt and pepper, and cook, stirring periodically, until liver changes color, about 2 minutes.

Add curry powder and cumin, mix well.

Add tomato, and cook until tomatoes are tender, about 2 minutes.

Add whisked eggs, and mix, and cook until eggs are set.



Nutrition Facts	
Curried Liver & Eggs	
Amount per Serving	
Calories	410
	% Daily Value*
Fat 22g	34%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 660mg	220%
Sodium 530mg	23%
Potassium 719mg	21%
Carbohydrates 13g	4%
Fiber 1g	4%
Sugar 5g	6%
Protein 37g	74%
Vitamin A 20297IU	406%
Vitamin C 9mg	11%
Calcium 154mg	15%
Iron 8mg	44%

* Percent Daily Values are based on a 2000 calorie diet.

Green Super Smoothie

Serves 2

Ingredients

- 1 ripe banana, peeled
- ½ cup fresh kale, chopped, tightly packed
- ½ cup cucumber, peeled if skin is bitter, cut in chunks
- 1 cup strawberries, frozen
- 1 cup unsweetened milk or plant-based milk
- 2 tablespoons ground flax seeds
- 1 teaspoon honey, optional

Directions

Combine ingredients in a blender and blend until smooth.

Portion into two tall glasses and serve.



Nutrition Facts

Green Super Smoothie

Amount per Serving	
Calories	210
% Daily Value*	
Fat 8g	12%
Saturated Fat 3g	19%
Cholesterol 12mg	4%
Sodium 63mg	3%
Potassium 669mg	19%
Carbohydrates 32g	11%
Fiber 5g	21%
Sugar 20g	22%
Protein 7g	14%
Vitamin A 1941IU	39%
Vitamin C 69mg	84%
Calcium 200mg	20%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Hot Farina with Apricots

Serves 4

Ingredients

$\frac{2}{3}$ cup dry whole wheat farina or enriched farina*

$3\frac{1}{3}$ cups water

$\frac{1}{4}$ teaspoon kosher salt

$\frac{1}{2}$ cup dried apricots, diced

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ cup walnuts, chopped

Directions

In a sauce pan, bring water, and salt to a boil.

Gradually add farina, whisking occasionally, until well blended.

Add apricots and reduce heat to low.

Simmer, uncovered, about $2\frac{1}{2}$ minutes or until thickened, stirring frequently.

Remove from heat and stir in cinnamon and walnuts.

Malt-O-Meal and Bob's Red Mill companies make farina. It is found in major grocery stores and food co-ops.



Nutrition Facts	
Hot Farina with Apricots	
Amount per Serving	
Calories	239
	% Daily Value*
Fat 10g	15%
Saturated Fat 1g	6%
Sodium 193mg	8%
Potassium 299mg	9%
Carbohydrates 33g	11%
Fiber 4g	17%
Sugar 9g	10%
Protein 6g	12%
Vitamin A 589IU	12%
Vitamin C 1mg	1%
Calcium 237mg	24%
Iron 11mg	61%
* Percent Daily Values are based on a 2000 calorie diet.	

Spinach & Green Onion Frittata

Serves 4

Ingredients

2 tablespoons olive oil, divided
1 teaspoon garlic powder
½ cup green onions, sliced (both green and white parts)
5 ounces fresh spinach
8 eggs
¼ cup milk, or water
⅓ cup Parmesan cheese, grated
½ teaspoon kosher salt

Directions

Preheat broiler on high (about 500 degrees.) Use a pan that tolerates high heat. Do not use a non-stick pan under the broiler.

Heat half of the oil in a large oven-proof skillet on medium heat. Add green onions and garlic powder and stir.

Add the spinach and cook until it wilts.

Turn off the burner, remove cooked spinach from pan and set aside to cool.

In a large bowl, whisk the eggs. Add the cooked spinach, milk or water, cheese, and salt and mix thoroughly. If using the same large skillet, wipe out any food particles that would cause the eggs to stick.

Heat the skillet on high heat, add remaining oil and swirl to cover entire surface.

Add egg mixture and spread around the pan. Use rubber spatula to ensure eggs are not sticking to the sides of the pan and are becoming firm.

Once the eggs are firm, place skillet on top oven rack below broiler.

Broil until browned and firm to the touch, about 2-3 minutes.

Cooking time will vary based on the distance from the pan to the broiler unit, and the temp of the broiler.

Pan will be very hot, so use oven mitts and be careful when removing from oven.

Set aside to cool slightly, slice and serve.



Nutrition Facts

Spinach Green Onion Frittata

Amount per Serving

Calories **244**

% Daily Value*

Fat 18g **28%**

Saturated Fat 5g **31%**

Trans Fat 1g

Cholesterol 335mg **112%**

Sodium 586mg **25%**

Potassium 391mg **11%**

Carbohydrates 4g **1%**

Fiber 1g **4%**

Sugar 2g **2%**

Protein 16g **32%**

Vitamin A 4013IU **80%**

Vitamin C 12mg **15%**

Calcium 210mg **21%**

Iron 3mg **17%**

* Percent Daily Values are based on a 2000 calorie diet.

Strawberry Breakfast Quinoa

Serves 2

Ingredients

- 1½ cup uncooked quinoa
- 1 cup milk, or unsweetened plant-based milk
- 2 teaspoons real maple syrup, if desired
- 1 cup frozen strawberries, thawed, chopped

Directions

Cook quinoa according to package instructions. This can be made in advance. Cooked quinoa can be froze for later use.

In a small sauce pan, heat on medium. Add strawberries and quinoa. Mix well.

Add milk, mix well. Add syrup.

Simmer, covered, for 5 minutes, stir periodically. Watch so it doesn't boil over.



Nutrition Facts

Strawberry Breakfast Quinoa

Amount per Serving
Calories 273

% Daily Value*

Fat 7g	11%
Saturated Fat 3g	19%
Cholesterol 12mg	4%
Sodium 56mg	2%
Potassium 526mg	15%
Carbohydrates 43g	14%
Fiber 4g	17%
Sugar 14g	16%
Protein 10g	20%
Vitamin A 212IU	4%
Vitamin C 42mg	51%
Calcium 177mg	18%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Tuna Avocado Salad

Serves 4

Ingredients

4 6-ounce cans water-packed tuna, drained

1 avocado, mashed

1 cup celery, thinly sliced

⅓ cup red onion, finely chopped

3 tablespoons lemon juice

1 cup cherry or grape tomatoes, chopped

¼ teaspoon salt

¼ teaspoon black pepper

Romaine lettuce for serving (optional)

Directions

Add all ingredients to a bowl and mix well.

Plate on top of salad greens or enjoy as a sandwich filling.



Nutrition Facts	
Tuna Avocado Salad	
Amount per Serving	
Calories	245
	% Daily Value*
Fat 9g	14%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 61mg	20%
Sodium 594mg	26%
Potassium 728mg	21%
Carbohydrates 9g	3%
Fiber 4g	17%
Sugar 3g	3%
Protein 35g	70%
Vitamin A 467IU	9%
Vitamin C 20mg	24%
Calcium 54mg	5%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Braised Beef with Collard Greens

Serves 4

Ingredients

1½ pounds beef chuck roast, cut in bite-sized pieces

2 tablespoons butter

½ teaspoon salt

¼ teaspoon black pepper

1 cup onions chopped

2 tablespoons garlic

1 can (1½ cups) canned diced tomatoes, with juice

2 cups water

8 cups collard greens, washed , chopped (leaving the stems on is okay)

1 teaspoon white or brown sugar

2 teaspoons hot sauce, or to taste

1 teaspoon soy sauce

Directions

Heat a large soup pot on medium high heat and add butter and beef; season with salt and pepper.

Brown beef on all sides, about 5 minutes.

Reduce heat to medium. Add onions and garlic and stir well. Cook until onions soften, about 2 minutes.

Add tomatoes and water. Stir and scrape bottom of pan to loosen flavorful brown bits.

Add collard greens, sugar, hot sauce and soy sauce and stir.

Reduce heat to a simmer (low) and cover. Cook for 1 hour, stirring occasionally to ensure that beef does not burn.



Nutrition Facts	
Braised Beef with Collard Greens	
Amount per Serving	
Calories	391
	% Daily Value*
Fat 24g	37%
Saturated Fat 11g	69%
Trans Fat 1g	
Cholesterol 125mg	42%
Sodium 546mg	24%
Potassium 804mg	23%
Carbohydrates 10g	3%
Fiber 4g	17%
Sugar 3g	3%
Protein 36g	72%
Vitamin A 3760IU	75%
Vitamin C 31mg	38%
Calcium 220mg	22%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Braised Sweet Potatoes & Lentils

Serves 4

Ingredients

3 tablespoons olive oil

1 cup green lentils, rinsed

½ teaspoon salt

1½ cups onion, sliced

1 teaspoon ground ginger

1 teaspoon garlic powder

1 teaspoon ground cumin

¼ teaspoon allspice

4 cups sweet potatoes, peeled and cut in medium chunks

5 cups water

Directions

Preheat a large frying pan on medium heat. Add oil, lentils and salt and stir. Cook for 2-3 minutes to begin to soften lentils.

Add spices and stir to coat lentils; continue cooking 1 minute to “bloom” flavors.

Add onions and cook until they become slightly tender, 1-2 minutes.

Add sweet potatoes and stir to combine.

Add water and cover pan. Reduce heat to medium-low and cook, stirring periodically, until lentils are tender, 55-60 minutes.



Nutrition Facts

Braised Sweet Potatoes & Lentils

Amount per Serving

Calories 407

% Daily Value*

Fat 11g	17%
Saturated Fat 2g	13%
Sodium 386mg	17%
Potassium 1020mg	29%
Carbohydrates 62g	21%
Fiber 20g	83%
Sugar 9g	10%
Protein 15g	30%
Vitamin A 18896IU	378%
Vitamin C 10mg	12%
Calcium 96mg	10%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Cheesy Chicken & Veggie Skillet

Serves 4

Ingredients

3 tablespoons olive oil

1½ pounds chicken breast, cut in bite-sized pieces

½ teaspoon dried basil

½ teaspoon dried thyme

½ teaspoon paprika

¼ teaspoon salt

1 pound (about 6 cups) frozen broccoli cuts, florets and stems

1 15-ounce can (1½ cups) garbanzo beans, rinsed and drained

½ cup shredded cheddar cheese

Directions

Heat oil in a large skillet over medium heat. Add chicken, spices and salt. Cook chicken for 2-3 minutes, stirring periodically.

Add frozen broccoli; cook, stirring periodically, until broccoli thaws, about 3-4 minutes.

Add chickpeas and cook until mixture is heated through, 2-3 minutes.

Remove from heat and stir in cheddar cheese. Garnish with additional cheddar cheese, if desired.



Nutrition Facts	
Cheesy Chicken & Veggie Skillet	
Amount per Serving	
Calories	569
	% Daily Value*
Fat 23g	35%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 124mg	41%
Sodium 476mg	21%
Potassium 1337mg	38%
Carbohydrates 39g	13%
Fiber 12g	50%
Sugar 7g	8%
Protein 53g	106%
Vitamin A 955IU	19%
Vitamin C 106mg	128%
Calcium 225mg	23%
Iron 5mg	28%
* Percent Daily Values are based on a 2000 calorie diet.	

Cheesy Liver & Spinach Pita Pizza

Serves 4

Ingredients:

4 tablespoons butter
½ cup yellow onions, chopped
2 tablespoons garlic, minced
1 cup milk, for soaking liver
1 pound liver
¼ teaspoon salt
¼ teaspoon black pepper
4 large whole pita breads
½ cup tomato sauce
¼ teaspoon dried thyme
¼ teaspoon dried oregano
½ cup shredded mozzarella cheese
½ cup shredded Parmesan cheese

Directions

Soak liver in milk for at least 30 minutes to lessen rich "gamey" flavor. Drain thoroughly.

Chop liver in small pieces.

Heat butter on medium heat in a large skillet. Add onions and cook until tender and lightly browned, about 2-3 minutes.

Add garlic and liver, season with salt and pepper and cook, stirring periodically, until liver changes color, about 2 minutes.

Set aside to cool. This can be prepared in advance.

Preheat oven to 425 degrees and place pita breads on a foil- or parchment-lined sheet pan.

Spoon 2 tablespoons of tomato sauce on each pita bread and spread evenly.

Portion the cooked chopped liver evenly on each pita.

Top by sprinkling with the herbs and two cheeses.

Bake 9-10 minutes on middle oven rack until the cheese is a light golden brown.



Nutrition Facts

Cheesy Liver & Spinach Pita Pizza

Amount per Serving
Calories 436

% Daily Value*

Fat 25g	38%
Saturated Fat 15g	94%
Trans Fat 1g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 369mg	123%
Sodium 432mg	19%
Potassium 629mg	18%
Carbohydrates 13g	4%
Fiber 1g	4%
Sugar 6g	7%
Protein 38g	76%
Vitamin A 19766IU	395%
Vitamin C 6mg	7%
Calcium 327mg	33%
Iron 6mg	33%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken & Vegetable Soup

Serves 6

Ingredients

- 3 tablespoons olive oil
- 1 cup onion, diced
- 2 pounds chicken
- ½ teaspoon oregano
- ¾ teaspoon salt, divided
- ½ teaspoon black pepper, divided
- 2 tablespoons gluten-free flour
- 6 cups organic vegetable broth
- 2 cups water
- 4 cups frozen California blend vegetables: carrots, cauliflower & broccoli
- 3 tablespoons garlic, minced, divided
- 4 teaspoons lemon juice, optional

Directions

Preheat oil in a large soup pot on medium heat. Add onions, chicken, oregano, salt and pepper and sauté until chicken is cooked through and onions are translucent.

Sprinkle with flour and mix well.

Add vegetables and garlic and mix.

Add broth and water and simmer, covered, for 30 minutes.

Finish with salt, pepper and lemon juice, if using.

Optional: Roast vegetables in a skillet with olive oil, salt and pepper until lightly browned and tender. This will add an additional layer of flavor.



Nutrition Facts	
Chicken & Vegetable Soup	
Amount per Serving	
Calories	353
	% Daily Value*
Fat 12g	18%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 97mg	32%
Sodium 529mg	23%
Potassium 880mg	25%
Carbohydrates 25g	8%
Fiber 7g	29%
Sugar 2g	2%
Protein 38g	76%
Vitamin A 6212IU	124%
Vitamin C 19mg	23%
Calcium 59mg	6%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Creamy Turkey & Barley Soup

Serves **6** (2 cups per serving)

Ingredients

3 tablespoons butter, divided
1½ pounds ground turkey
½ teaspoon dried thyme
1 teaspoon salt
½ teaspoon black pepper
1½ cups carrots, peeled and diced
1½ cups russet potatoes, peeled and diced
½ cup onion, diced
½ cup barley, rinsed
¼ cup flour
4 cups vegetable broth, divided
2 cups milk, whole, 1% or 2% milk

Directions

Preheat a large soup pot on medium-high heat.

Add 1 tablespoon butter and the ground turkey, thyme, salt and pepper.

Brown ground turkey, breaking it apart with a heat-resistant spatula as it cooks, and mix well.

Add carrots, potatoes and onions and mix well. Lower heat to medium and cook 8-10 minutes, until potatoes begin to soften. Stir regularly to ensure potatoes do not stick to pot.

Deglaze soup pot with 1 cup broth, scraping bottom of pot to loosen flavorful brown bits.

Add barley and remaining butter and mix well.

Sprinkle with flour, mix well and cook for 2-3 minutes so the flour does not taste “raw”.

Add remaining broth, one cup at a time, stirring continuously.

Add milk, stir and simmer on very low heat for 25-30 minutes until soup thickens.



Nutrition Facts

Creamy Turkey & Barley Soup

Amount per Serving
Calories 327

% Daily Value*

Fat 7g 11%

Saturated Fat 4g 25%

Trans Fat 1g

Cholesterol 74mg 25%

Sodium 509mg 22%

Potassium 814mg 23%

Carbohydrates 32g 11%

Fiber 5g 21%

Sugar 7g 8%

Protein 34g 68%

Vitamin A 5655IU 113%

Vitamin C 5mg 6%

Calcium 132mg 13%

Iron 2mg 11%

* Percent Daily Values are based on a 2000 calorie diet.

Skillet Beans with Tomatoes & Spinach

Serves 4

Ingredients

2 cups cannellini beans, rinsed, drained

¾ cup tomato, chopped

2 cups frozen broccoli, florets

2 bags baby spinach, (10-ounces)

½ teaspoon kosher or sea salt

¼ teaspoon black pepper

½ cup mozzarella cheese

2 tablespoons olive oil

½ cup water

Directions

Heat oil in a large skillet on medium heat.

Add broccoli, salt and black pepper and cook for 1 minute.

Add beans, tomatoes, and cook until tomatoes become tender, about 2-3 minutes.

Add spinach and cook until just wilted.

Add water and deglaze pan for extra flavor by scraping the brown bits from the bottom of the pan.

Add two-thirds of mozzarella cheese and stir.

To serve, garnish with remaining cheese.



Nutrition Facts	
Skillet Beans with Tomatoes & Spinach	
Amount per Serving	
Calories	195
	% Daily Value*
Fat 7g	11%
Saturated Fat 1g	6%
Cholesterol 3mg	1%
Sodium 528mg	23%
Potassium 713mg	20%
Carbohydrates 21g	7%
Fiber 6g	25%
Sugar 3g	3%
Protein 15g	30%
Vitamin A 632IU	13%
Vitamin C 45mg	55%
Calcium 162mg	16%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Spiced Beef & Cheddar Pita Sandwich

Serves 4

Ingredients:

1 tablespoon olive oil

1½ pounds 92% lean ground beef

½ teaspoon kosher salt

1 teaspoon dried Italian seasoning

¼ teaspoon crushed red pepper (optional)

1 15-ounce can low-sodium diced tomatoes, drained

5 ounces fresh spinach

½ cup shredded cheddar cheese

4 6-inch whole grain pita bread pockets

Directions

Preheat a large skillet on medium-high heat and add oil.

Add ground beef; break apart with a heat-resistant spatula and cook 3-4 minutes.

Add salt, Italian seasoning and red pepper flakes.

Add tomatoes, deglaze pan (scrape to loosen flavorful bits) and stir.

Add spinach, stir, and cook until tomatoes are hot and spinach is wilted.

Turn off heat and stir in cheddar cheese.

Portion beef mixture into pita bread pockets.



Nutrition Facts	
Spiced Beef & Cheddar Pita Sandwich	
Amount per Serving	
Calories	433
	% Daily Value*
Fat 26g	40%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 125mg	42%
Sodium 560mg	24%
Potassium 990mg	28%
Carbohydrates 10g	3%
Fiber 3g	13%
Sugar 3g	3%
Protein 40g	80%
Vitamin A 3643IU	73%
Vitamin C 21mg	25%
Calcium 202mg	20%
Iron 6mg	33%
* Percent Daily Values are based on a 2000 calorie diet.	

Tilapia Tacos with Lime Cilantro Slaw

Serves 4

Ingredients

4 cups green cabbage, thinly sliced
 1 cup yogurt
 ¼ cup cilantro
 2 tablespoons lime juice
 3 tablespoons olive oil
 1 pound tilapia, cut in bite-sized pieces
 1 teaspoon paprika
 2 teaspoons cumin
 1 teaspoon chili powder
 ½ teaspoon kosher salt
 ¼ teaspoon black pepper
 1½ cups canned white beans, (cannellini or Great Northern), rinsed and drained
 ½ cup shredded cheddar cheese
 8 small or 4 large corn tortillas, warmed Micah, check to see if this looks okay, given the size option. May need to list 2nd size after the comma

Directions

Make the slaw by combining the cabbage, yogurt, cilantro, and lime juice. Let sit at least one hour before serving.

Preheat the oil in a skillet over medium heat and add fish, spices, salt and beans. Cook 3-4 minutes, or until fish is firm to the touch.

Portion fish mixture onto tortillas, sprinkle with cheddar cheese and lime cilantro slaw, and wrap tortillas around ingredients.



Nutrition Facts	
Tilapia Tacos with Lime Cilantro Slaw	
Amount per Serving	
Calories	511
	% Daily Value*
Fat 21g	32%
Saturated Fat 7g	44%
Cholesterol 79mg	26%
Sodium 516mg	22%
Potassium 1018mg	29%
Carbohydrates 46g	15%
Fiber 9g	38%
Sugar 6g	7%
Protein 37g	74%
Vitamin A 543IU	11%
Vitamin C 30mg	36%
Calcium 320mg	32%
Iron 5mg	28%
* Percent Daily Values are based on a 2000 calorie diet.	

Baked Salmon with Lentils

Serve 4

Ingredients

- ¼ cup olive oil, divided
- 1 cup green lentils, rinsed
- 1½ cups onion, sliced
- ½ teaspoon salt, divided
- 1 teaspoon garlic powder, divided
- 1 teaspoon ground cumin, divided
- 3 cups water, for cooking lentils
- 1½ pounds salmon filet, cut in four portions
- 4 cups frozen broccoli and cauliflower blend vegetables
- 1 cup red bell pepper, sliced thinly

Directions

Preheat oil in a large frying pan on medium heat. Add lentils, onions and half of the salt; cook for 2 minutes to begin to soften lentils and onions.

Add the cumin and half of the garlic. Stir to coat the lentils with the spices and continue cooking for 1 minute to “bloom” flavors.

Add the water and cover the pan. Reduce heat to medium-low and cook, stirring periodically, until lentils are tender, 55-60 minutes. Lentils can be made in advance.

Preheat oven to 400 degrees and line a sheet pan with parchment or foil.

Spread broccoli, cauliflower and red bell peppers evenly on sheet pan, drizzle with oil, and sprinkle with half of remaining spices and salt. Roast on middle oven rack for 15 minutes, until half-cooked.

Move vegetables to the edges of sheet pan to create space in the middle for the salmon.

Sprinkle remaining spices and salt on filets.

Bake on top oven rack until fish is firm to the touch, about 10 minutes.

Serve salmon with roasted vegetables and lentils.



Nutrition Facts

Baked Salmon with Lentils

Amount per Serving
Calories 595

	% Daily Value*
Fat 25g	38%
Saturated Fat 4g	25%
Cholesterol 94mg	31%
Sodium 413mg	18%
Potassium 1476mg	42%
Carbohydrates 42g	14%
Fiber 19g	79%
Sugar 7g	8%
Protein 47g	94%

Vitamin A 1261IU	25%
Vitamin C 54mg	65%
Calcium 75mg	8%
Iron 6mg	33%

* Percent Daily Values are based on a 2000 calorie diet.

Baked Tilapia with Spiced Roasted Beets

Serves 4

Ingredients

1½ pounds tilapia fillets, cut in 4 equal portions

1 tablespoon + 2 teaspoons olive oil, divided

½ teaspoon salt, divided

¼ teaspoon black pepper

½ teaspoon paprika

2 pounds red beets, peeled, diced

1 cup plain yogurt (not Greek)

¼ teaspoon ground cumin

½ teaspoon fresh lemon juice, or to taste

Fresh mint, optional garnish

Directions

Preheat oven to 400 degrees.

Wrap raw diced beets in aluminum foil and bake for 35-40 minutes, or until beets are fork tender. Remove beets from oven, unwrap and cool slightly. Toss with 1 tablespoon olive oil.

On a foil- or parchment-lined sheet pan, drizzle remaining oil on tilapia and season with half of the salt, black pepper and paprika. Bake on center rack, until firm, about 5 minutes.

To make the sauce, combine the yogurt, cumin, lemon juice and salt in bowl.

Serve tilapia with beets with and cumin-lemon yogurt sauce. Garnish with chopped mint.



Nutrition Facts	
Baked Tilapia with Spiced Roasted Beets	
Beets	
Amount per Serving	
Calories	332
	% Daily Value*
Fat 9g	14%
Saturated Fat 3g	19%
Cholesterol 90mg	30%
Sodium 586mg	25%
Potassium 838mg	24%
Carbohydrates 25g	8%
Fiber 6g	25%
Sugar 18g	20%
Protein 40g	80%
Vitamin A 157IU	3%
Vitamin C 12mg	15%
Calcium 112mg	11%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Beef-Bok Choy Stir Fry

Serves 4

Ingredients

½ teaspoon sugar
2 tablespoons soy sauce
3 tablespoons + 2 teaspoons lime juice, divided
½ teaspoon chili flakes, optional
1 cup white or yellow onions, diced
2 tablespoons sesame oil
1½ pounds beef roast, thinly sliced
2 cups mushrooms, sliced
1½ pounds (about 8 cups) bok choy, chopped in large pieces
⅓ cup cilantro, chopped

Directions

Combine sugar, soy sauce, 3 tablespoons lime juice and chili flakes; set aside.

In a large skillet, preheat sesame oil on medium heat.

Increase heat to medium-high, add onions and beef, and sauté until half-cooked, stirring continuously.

Add mushrooms and sauté for 1-2 additional minutes, stirring frequently.

Add bok choy; sauté until the white part of the bok choy becomes tender, about 5-6 minutes.

Add soy-lime mixture to pan and stir well.

Continue cooking over medium-high heat to reduce liquid slightly, about 1-2 minutes.

Turn off heat, add cilantro and mix well.

Garnish with remaining 2 teaspoons of lime juice and serve.



Nutrition Facts

Beef-Bok Choy Stir Fry

Amount per Serving

Calories **359**

% Daily Value*

Fat 16g 25%

Saturated Fat 4g 25%

Cholesterol 105mg 35%

Sodium 481mg 21%

Potassium 1259mg 36%

Carbohydrates 11g 4%

Fiber 3g 13%

Sugar 6g 7%

Protein 43g 86%

Vitamin A 7770IU 155%

Vitamin C 84mg 102%

Calcium 226mg 23%

Iron 5mg 28%

* Percent Daily Values are based on a 2000 calorie diet.

Cheesy Barley & Veggies

Serves 4

Ingredients

- ¾ cup barley
- 2 tablespoons olive oil
- 2½ cups low-sodium vegetable broth, or chicken broth
- ½ cup yellow onion, chopped small
- 2 cups broccoli, chopped
- 2 cups mushrooms, chopped
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon dried thyme
- ¼ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese

Directions

Cook barley per package directions, using broth for enhanced flavor.

Preheat oven to 350 degrees.

Preheat oil in a large skillet on medium-high heat. Add onions, broccoli, mushrooms, salt and spices. Cook till mushrooms start to become tender, 5-7 minutes. Add extra water or broth as needed. Vegetable mixture will be “saucy”.

In a 9x13-inch baking dish, combine cooked barley with vegetable mixture and three-fourths of cheese. Sprinkle remaining cheese on top.

Cover with foil and bake for 20-25 minutes, until mixture is warm and broccoli is fork-tender.



Nutrition Facts	
Cheesy Barley & Veggies	
Amount per Serving	
Calories	281
	% Daily Value*
Fat 12g	18%
Saturated Fat 3g	19%
Cholesterol 11mg	4%
Sodium 454mg	20%
Potassium 515mg	15%
Carbohydrates 35g	12%
Fiber 9g	38%
Sugar 4g	4%
Protein 12g	24%
Vitamin A 396IU	8%
Vitamin C 43mg	52%
Calcium 147mg	15%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Broccoli Pasta Bake

Serves 4

Ingredients

8 ounces whole grain penne pasta
2 tablespoon olive oil
1 pound chicken breast, chopped
½ teaspoon dried basil
½ teaspoon dried thyme
1 teaspoon garlic powder
½ teaspoon salt
4 cups frozen chopped broccoli cuts
1 cup low-sodium tomato sauce
1 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees. Grease a 9x13-inch baking dish with a little olive oil.

Cook pasta according to package directions, drain and set aside.

Preheat oil in a large skill on medium-high heat. Add chicken, spices, garlic and salt and stir.

When chicken is $\frac{3}{4}$ cooked through, add the broccoli and cook until the broccoli starts to become tender.

Turn off burner, add tomato sauce and mix well.

Place cooked pasta in bottom of baking dish and pour chicken and broccoli mixture over pasta. Add half of the mozzarella cheese and mix well.

Sprinkle remaining cheese on top and bake, lightly covered with foil, until pasta is hot and cheese is melted, about 15 minutes.



Nutrition Facts

Chicken Broccoli Pasta Bake

Amount per Serving
Calories **521**
% Daily Value*

Fat 17g	26%
Saturated Fat 5g	31%
Trans Fat 1g	
Cholesterol 95mg	32%
Sodium 954mg	41%
Potassium 1066mg	30%
Carbohydrates 53g	18%
Fiber 3g	13%
Sugar 4g	4%
Protein 42g	84%
Vitamin A 1061IU	21%
Vitamin C 87mg	105%
Calcium 226mg	23%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Digaag Qumbe (Somali Chicken Stew)

Serves 4 (1½ cup portion)

Ingredients

3 tablespoons olive oil

1½ cups (1 large) tomatoes, diced

1½ cups red onion, chopped

1½ cups (1 large) red bell pepper, diced

2 tablespoons Xawaash Spice Mix, (see Suuqo Sucuar recipe on page 44)

½ teaspoon kosher or sea salt

1 teaspoon garlic powder

1 teaspoon ginger powder

2 cups russet potatoes, (about 2 medium) scrubbed, cut in bite-sized pieces

1½ pounds boneless, skinless chicken thighs, cut in bite-sized pieces

1 14-ounce can full-fat unsweetened coconut milk

½ cup cilantro leaves, chopped

4 bananas, optional, for serving

Directions

Heat oil in a large soup pot on medium-high heat. Add tomatoes, onions and bell peppers and sauté for 1-2 minutes, until onions start to become tender.

Add Xawash spice blend, salt, garlic powder and ginger powder. Mix well and cook for 2 minutes.

Add chicken, mix well and cook about 5 minutes, until chicken is three-fourths cooked.

Add potatoes and coconut milk. Simmer, cover, and cook until potatoes are soft, about 30 minutes.

Turn off heat, garnish with cilantro, and serve each portion with a banana (optional).



Nutrition Facts

Digaag Qumbe (Somali Chicken Stew)

Amount per Serving
Calories 666

	% Daily Value*
Fat 33g	51%
Saturated Fat 16g	100%
Trans Fat 1g	
Cholesterol 162mg	54%
Sodium 487mg	21%
Potassium 1516mg	43%
Carbohydrates 54g	18%
Fiber 7g	29%
Sugar 23g	26%
Protein 39g	78%
Vitamin A 2468IU	49%
Vitamin C 99mg	120%
Calcium 57mg	6%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Ginger Tilapia Lemongrass Soup

Serves 4

Ingredients

2 tablespoon grapeseed or sesame oil

2 cups onions, thinly sliced

2 tablespoons garlic, sliced

½-inch piece fresh ginger, cut in half

1-inch piece lemongrass, from the bottom of the stalk, smashed with the flat side of your knife

4 cups vegetable broth

1 tablespoon sriracha

2 teaspoons soy sauce

1-2 tablespoons fresh lime juice

5 ounces fresh spinach, (one bag)

1½ pounds tilapia, cubed

Chopped cilantro, for garnish, optional

Directions

In a large soup pot, heat oil on medium-high heat.

Add onions, garlic, ginger and lemon grass.

Cook, stirring occasionally. Lower heat if it starts to burn or garlic will turn bitter.

Once onions start to caramelize, about 3-4 minutes, add broth, sriracha, and soy sauce. Cover and simmer for 1 hour to blend flavors.

Remove pieces of ginger and lemon grass.

Squeeze in lime juice and stir.

Add spinach and tilapia chunks and simmer until fish turns white and is cooked through. Do not overcook because fish is very delicate.

Garnish with fresh chopped cilantro (optional).



Nutrition Facts	
Ginger Tilapia Lemongrass Soup	
Amount per Serving	
Calories	291
	% Daily Value*
Fat 10g	15%
Saturated Fat 2g	13%
Cholesterol 85mg	28%
Sodium 290mg	13%
Potassium 871mg	25%
Carbohydrates 14g	5%
Fiber 3g	13%
Sugar 5g	6%
Protein 38g	76%
Vitamin A 3332IU	67%
Vitamin C 21mg	25%
Calcium 80mg	8%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Marinated Sardines & Linguini

Serves 4

Ingredients

1 pound sardines, drained and thoroughly rinsed, if canned

3 tablespoons fresh lemon juice

¼ cup olive oil, divided

½ teaspoon kosher or sea salt

¼ teaspoon black pepper

8 ounces whole grain linguini

2 cups low-sodium tomato sauce

2 teaspoons garlic powder

2 teaspoons dried basil

2 teaspoons dried oregano

½ cup mozzarella cheese

Directions

In a medium sized bowl, mix lemon juice, half of the olive oil, salt and black pepper. Pour sauce over sardines and marinate for at least 10 minutes.

Cook linguini according to package directions. Rinse under cold water to stop cooking, drain and set aside.

Add remaining oil to skillet and preheat on medium-high heat. Add spices and mix well. Cook until aromatic, about 10 seconds, taking care not to burn.

Add tomato sauce, stir well, and cook for 2-3 minutes on low heat.

Add cooked noodles and mix well.

Add marinated sardines and sauce, and gently fold with pasta.

Turn off heat, sprinkle with mozzarella cheese, cover pan and let sit until cheese melts.



Nutrition Facts	
Marinated Sardines & Linguini	
Amount per Serving	
Calories	608
	% Daily Value*
Fat 27g	42%
Saturated Fat 7g	44%
Cholesterol 8mg	3%
Sodium 557mg	24%
Potassium 534mg	15%
Carbohydrates 56g	19%
Fiber 3g	13%
Sugar 6g	7%
Protein 36g	72%
Vitamin A 22IU	0%
Vitamin C 4mg	5%
Calcium 328mg	33%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

One-Pot Spiced Beef with Brussels Sprouts & Beans

Serves 6

Ingredients

2 tablespoons olive oil

2 pounds beef roast, (top round, bottom round or chuck) cut in bite-sized pieces

1 teaspoon turmeric

1 teaspoon coriander

½ teaspoon fennel seeds

½ teaspoon garlic powder

1 teaspoon kosher salt

½ teaspoon black pepper

1½ cups low-sodium chicken broth, or vegetable broth

1 pound frozen Brussels sprouts

1 can low-sodium garbanzo beans, rinsed and drained

Directions

In a large soup pot, preheat oil on medium-high heat.

Add beef, spices and salt and stir. Brown meat, stirring occasionally, for about 3-4 minutes.

Add broth; cover and simmer until beef is tender, about 1¼ to 1½ hours.

Add Brussels sprouts and garbanzo beans. Cover and cook until Brussels sprouts are heated through, about 8-10 minutes, stirring occasionally.



Nutrition Facts

One-Pot Spiced Beef with Brussels Sprouts & Beans

Amount per Serving
Calories 298

% Daily Value*

Fat 13g	20%
Saturated Fat 3g	19%
Cholesterol 94mg	31%
Sodium 509mg	22%
Potassium 878mg	25%
Carbohydrates 8g	3%
Fiber 3g	13%
Sugar 2g	2%
Protein 37g	74%
Vitamin A 572IU	11%
Vitamin C 64mg	78%
Calcium 67mg	7%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Sauteed Chicken, Caramelized Onions, Mushrooms & Spinach

Serves 4

Ingredients

3 tablespoons olive oil, plus 1 teaspoon for chicken
 1 cup yellow onions, sliced
 1½ pounds boneless, skinless chicken breast, butterfly cut into 4 thin portions
 ½ teaspoon dried thyme
 1 teaspoon garlic powder
 ½ teaspoon kosher salt
 ¼ teaspoon black pepper
 10 ounces fresh spinach, (2 packages) chopped
 1 pint button mushrooms, sliced
 ¼ cup water
 ½ cup Parmesan cheese

Directions

Heat 3 tablespoons of oil in a large heavy-bottomed skillet on medium-high heat.

Add onions to pan and cook until onions start to brown, about 3 minutes.

Season the chicken with thyme, garlic powder, salt and pepper.

Move onions to the sides of the pan, add remaining oil and chicken to skillet and cook until golden brown, about 2 minutes per side. Cook in two batches if desired.

Remove browned chicken and set aside.

Add mushrooms to skillet. Add water to pan and stir mushrooms, scraping the bottom of the skillet to loosen flavorful brown bits.

Return chicken to pan, stir and cover. Cook until mushrooms are brown and tender, about 2 minutes, stirring periodically.

Add spinach, reduce heat to low and cook until spinach wilts.

Turn off heat, sprinkle with Parmesan cheese, cover, and let stand until cheese starts to melt, about 1-2 minutes.



Nutrition Facts

Sauteed Chicken, Caramelized Onions, Mushrooms & Spinach

Amount per Serving
Calories 397

% Daily Value*

Fat 19g 29%

Saturated Fat 5g 31%

Trans Fat 1g

Cholesterol 117mg 39%

Sodium 753mg 33%

Potassium 1483mg 42%

Carbohydrates 11g 4%

Fiber 4g 17%

Sugar 4g 4%

Protein 47g 94%

Vitamin A 6801IU 136%

Vitamin C 27mg 33%

Calcium 244mg 24%

Iron 4mg 22%

* Percent Daily Values are based on a 2000 calorie diet.



Good food
Good mood

Nourish Your Postpartum Mood

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Nourish Your Postpartum Mood

The birth of your baby brings many changes to your body and can evoke many feelings and emotions, from joy, relief, and love, to exhaustion, being overwhelmed, and even depression. Many women experience the baby blues after the birth of their baby. Symptoms are relatively mild and usually pass within a couple weeks. But over 1 in 10 new mothers experience postpartum depression, which is more severe and can last for months or even years.¹

Whether you experience a transient dip in your mood or are dealing with more severe depression following the birth of your baby, know that you are not alone and that the foods you eat may help. If your depression persists, seek treatment from a healthcare professional who can help you feel better.

Smart Nutrition Helps You Feel Your Best After Your Baby is Born

The foods you eat while pregnant and after giving birth can affect your risk of postpartum depression. While food can't control whether or not you experience depression, it may help lower your risk and make you feel more buoyant during the busy postpartum days and nights.

The following foods and nutrients are linked to risk of postpartum depression and anxiety. Loading up on these important foods and nutrients, both while you are pregnant and after giving birth, can help you feel your best once baby arrives.

Eat a Healthy, Balanced Diet

Having a healthy balanced diet that is high in vegetables, fruit, and lean proteins, like fish and poultry, may help protect you from feeling depressed after the birth of your baby. Studies show pregnant women who eat a lot of meat, but not very many fruits, vegetables, fish, or poultry in their final month of pregnancy are more likely to develop postpartum depression.²

Get Enough Vitamin D

Vitamin D is very important for your mental health, both during your pregnancy and after the birth of your baby. Women who have more vitamin D in their bodies are less likely to have depression during pregnancy and after the birth of their baby.³

Foods like fatty fish, liver, fortified dairy and orange juice, egg yolks, and mushrooms all contain vitamin D. Your body also makes vitamin D when your skin is exposed to the sun. But people who live in northern climates, as well as those who wear a lot of sunblock or cover much of their skin, may need to take a vitamin D3 supplement to meet their needs, especially during the winter.



Up Your Stores of Omega-3 Fatty Acids

Women who have higher levels of healthy fats known as omega-3 fatty acids in their blood tend to have a lower risk of postpartum depression.^{4,5} Eating foods high in omega-3 fatty acids, like fatty fish, walnuts, flaxseeds, and chia seeds, is a safe, effective way to lower your risk of postpartum depression.⁵ Taking omega-3 supplements may be helpful as well. It is important to get enough omega-3 fatty acids both throughout your entire pregnancy and after your baby is born.

Other Nutrients

Eating a well-rounded diet when you are pregnant and after your baby is born helps ensure you are getting all the important nutrients your body needs for you to stay healthy and feeling well. Other nutrients that may be important for lowering your risk for postpartum depression and anxiety include the B vitamin riboflavin, calcium, zinc, and selenium.^{6,7} You can get adequate amounts of these nutrients by consuming eggs, lean meats, fish, shellfish, milk, green vegetables, and fortified grains and cereals.

Enjoy Probiotic-Rich Foods

Emphasizing probiotic-rich foods, like yogurt, kimchi, and sauerkraut, or taking a probiotic supplement daily may help lower your risk of experiencing postpartum depression or anxiety. In one study, women who took a probiotic supplement containing *Lactobacillus rhamnosus* starting around week 15 of their pregnancy through 6 months postpartum had significantly lower levels of postpartum depression and anxiety than women who took a placebo.⁸

Nourish Yourself, Nourish Your Mood

While you cannot treat or prevent postpartum depression and anxiety through nutrition, eating a balanced diet filled with the right foods can help keep your mood buoyant after your baby is born. Fill your diet with delicious, mood-boosting foods throughout your pregnancy and in the months afterward to not only help your baby develop to its full potential, but to help you feel your best.

And remember, if you are dealing with depression or anxiety that is severe or lasting more than a couple weeks, help is available. Reach out to a knowledgeable healthcare provider who can help you find the resources you need to feel well again.

Cinnamon Pecan Oatmeal with Raisins

Serves 4

Ingredients

- ¼ teaspoon cinnamon
- ½ cup pecan halves
- 2 cups old-fashioned oats, not quick-cooking
- 3½ cups water
- 2 pinches kosher or sea salt
- ¼ cup raisins
- 3 tablespoons ground flaxseed
- 1 teaspoon honey, or to taste

Directions

Preheat small saucepan on medium-high heat. Reduce heat to low, add pecans and toast until aromatic, about 2 minutes, taking care not to burn them.

Remove pan from heat and let sit for 1 minute. Add cinnamon and stir. Pour cinnamon pecans into a small bowl and set aside.

Add water to the saucepan and bring to a boil. Add oats and salt; simmer uncovered until oats become soft and creamy in texture, about 5 minutes. Stir in flax seed and raisins and remove from heat.

Top with cinnamon pecans and honey.



Nutrition Facts	
Cinnamon Pecan Oatmeal with Raisins	
Amount per Serving	
Calories	308
	% Daily Value*
Fat 15g	23%
Saturated Fat 2g	13%
Sodium 211mg	9%
Potassium 321mg	9%
Carbohydrates 39g	13%
Fiber 8g	33%
Sugar 2g	2%
Protein 8g	16%
Vitamin A 8IU	0%
Vitamin C 1mg	1%
Calcium 54mg	5%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Green Power Smoothie

Serves 2

Ingredients

- 1 large banana, about 1½ cups
- 1 small avocado, pitted, peeled
- ¾ cup green apple, cored, chopped
- 1 cup spinach, gently packed
- 3 tablespoons flax seed, ground
- 2 tablespoons honey, or to taste
- 2 cups 2% milk (Plant-based milk may be substituted)

Directions

Place all ingredients in the blender. Blend on high until smooth.



Nutrition Facts	
Green Power Smoothie	
Amount per Serving	
Calories	503
	% Daily Value*
Fat 26g	40%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 19mg	6%
Sodium 136mg	6%
Potassium 1296mg	37%
Carbohydrates 62g	21%
Fiber 14g	58%
Sugar 42g	47%
Protein 14g	28%
Vitamin A 1857IU	37%
Vitamin C 22mg	27%
Calcium 355mg	36%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Maple Millet Almond Berry Bowl

Serves 4

Ingredients

- 1 cup raw millet
- 2 cups water
- 2 pinches salt
- ½ cup almonds, toasted, chopped
- 2 tablespoons real maple syrup
- 1 cup plain regular or plant-based yogurt
- 1 cup mixed berries, thawed if previously frozen

Directions

Heat small saucepan on medium-high heat. Add millet and toast until aromatic, about 1 minute. Swirl or stir frequently to prevent burning.

Add water and salt, bring to boil, reduce to a simmer and cover.

Cook until millet “puffs open”, about 12-14 minutes.

Remove from heat, leave lid on, and let cooked millet rest for 10 minutes. Stir in maple syrup.

Portion into dishes and top with yogurt, fruit and almonds.



Nutrition Facts

Maple Millet Almond Berry Bowl

Amount per Serving	
Calories	376
	% Daily Value*
Fat 13g	20%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 8mg	3%
Sodium 232mg	10%
Potassium 362mg	10%
Carbohydrates 55g	18%
Fiber 7g	29%
Sugar 13g	14%
Protein 12g	24%
Vitamin A 79IU	2%
Vitamin C 1mg	1%
Calcium 143mg	14%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Mozzarella Mushroom Baked Eggs

Serves 4

Ingredients

2 tablespoons olive oil, plus extra to grease baking dish

1 pint button mushrooms, sliced

½ teaspoon salt

½ teaspoon black pepper

½ teaspoon dried thyme

1 cup green onions, sliced, green and white parts

8 eggs

3 tablespoons ground flax seed

1 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees. Grease an 8x8 baking dish.

Heat olive oil in a skillet on medium high heat; add mushrooms and cook 1 minute.

Add salt, black pepper, thyme, and cook until mushrooms become browned, about 3-5 minutes.

Add green onions, and cook until onions become tender, about 1-2 minutes. The mushroom/onion mixture can be cooked in advance.

In a large bowl, whisk the eggs and ground flax seed until light and fluffy.

Layer cooked mushrooms in the baking dish with half the cheese.

Pour whisked eggs over and sprinkle with remaining cheese.

Bake until golden brown and cooked through, about 30-35 minutes.

Cool slightly before serving.

Make-ahead tip: *Pre-portion cooked egg bake in individual containers for an easy, well-balanced breakfast. It will keep for several days in the refrigerator.*



Nutrition Facts	
Mozzarella Mushroom Baked Eggs	
Amount per Serving	
Calories	335
	% Daily Value*
Fat 24g	37%
Saturated Fat 8g	50%
Trans Fat 1g	
Cholesterol 349mg	116%
Sodium 603mg	26%
Potassium 635mg	18%
Carbohydrates 9g	3%
Fiber 3g	13%
Sugar 4g	4%
Protein 22g	44%
Vitamin A 920IU	18%
Vitamin C 7mg	8%
Calcium 229mg	23%
Iron 3mg	17%
* Percent Daily Values are based on a 2000 calorie diet.	

Savory Sheet Pan Eggs with Spinach

Serves 4

Ingredients

10 ounces fresh spinach, (2 bags) chopped

2 cups fresh tomatoes, chopped

8 large eggs

3 tablespoons olive oil

2 teaspoons cumin

½ teaspoon dried oregano

½ teaspoon garlic powder

½ teaspoon kosher salt, divided

Directions

Preheat oven to 425 degrees. Line a sheet pan with foil or parchment paper.

Place spinach and tomatoes on pan, toss with olive oil, cumin, oregano, garlic powder, and half salt.

Spread evenly on pan and bake 6-8 minutes or until tomatoes are soft.

Remove pan and make 4 wells, one in each quadrant of the vegetable mixture. Crack eggs and carefully transfer 2 eggs into each hole.

Return to oven, middle rack, for 10-12 minutes or until egg whites are set and yolks begin to set; bake longer for firmer yolks.

Season eggs with remaining salt.



Nutrition Facts	
Savory Sheet Pan Eggs with Spinach	
Amount per Serving	
Calories	254
	% Daily Value*
Fat 20g	31%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 327mg	109%
Sodium 478mg	21%
Potassium 719mg	21%
Carbohydrates 7g	2%
Fiber 3g	13%
Sugar 3g	3%
Protein 14g	28%
Vitamin A 7759IU	155%
Vitamin C 30mg	36%
Calcium 141mg	14%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Black-Eyed Pea Salad

Serves 4 (1 cup each)

Ingredients

- 1 medium tomato, (1 cup), diced
- ½ medium red bell pepper, (about ½ cup) seeded and diced
- 1 jalapeño pepper, finely diced, optional
- 2 tablespoons green onions, thinly sliced
- 2 tablespoons fresh parsley, chopped
- 2 15-ounce cans black-eyed peas, rinsed and drained
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- ½ teaspoon kosher salt

Directions

Combine tomato, bell pepper, jalapeño, green onion, parsley and black-eyed peas in a bowl.

In a separate small bowl, whisk together the vinegar, oil, cumin and salt.

Toss dressing with vegetables and marinate for up to 8 hours in the refrigerator before serving.



Nutrition Facts	
Black-Eyed Pea Salad	
Amount per Serving	
Calories	217
	% Daily Value*
Fat 8g	12%
Saturated Fat 1g	6%
Sodium 301mg	13%
Potassium 479mg	14%
Carbohydrates 28g	9%
Fiber 9g	38%
Sugar 6g	7%
Protein 10g	20%
Vitamin A 982IU	20%
Vitamin C 31mg	38%
Calcium 44mg	4%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Broccoli Potato Soup

Serves 4

Ingredients

2 tablespoons olive oil

1 cup yellow onion, chopped

2 tablespoons garlic, minced

1 large russet potato, (about 1 cup), peeled and chopped

1¼ teaspoons dried thyme

½ teaspoon salt

½ teaspoon black pepper

1 pound frozen broccoli, chopped

4 cups low-sodium chicken broth, or vegetable broth

Directions

In a large soup pot, heat olive oil over medium heat.

Add onions and garlic and cook until tender, about 1-2 minutes.

Add potatoes, thyme, salt and pepper and mix well.

Add broccoli, stir and cook about 2 minutes. Add broth and stir.

Bring to a boil, reduce heat to low and simmer, covered, for 30-40 minutes.

Remove 2 cups of cooked broccoli/potato mixture and set aside.

Being careful of the hot liquid, blend soup with wand mixer, blender or food processor until smooth.

Stir in reserved cooked vegetables and serve.



Nutrition Facts

Broccoli Potato Soup

Amount per Serving

Calories 204

% Daily Value*

Fat 9g 14%

Saturated Fat 1g 6%

Sodium 404mg 18%

Potassium 864mg 25%

Carbohydrates 25g 8%

Fiber 5g 21%

Sugar 4g 4%

Protein 10g 20%

Vitamin A 721IU 14%

Vitamin C 109mg 132%

Calcium 93mg 9%

Iron 2mg 11%

* Percent Daily Values are based on a 2000 calorie diet.

Cambuulo iyo Maraq

(Rice & Beans with Tomatoes & Spices)

Serves 4

Ingredients

- 1 cup long grain brown rice
- 1 15-ounce can kidney beans, rinsed and drained

Maraq (spicy tomato sauce)

- 2 tablespoons garlic, minced
- 1 cup white onion, diced
- 2 cups tomatoes, diced
- 2 tablespoons tomato paste
- 1¼ teaspoon ground coriander
- 1¼ teaspoon ground cumin
- 1¼ teaspoon ground chili powder
- 2 tablespoons sesame oil
- 1 tablespoon white vinegar
- 2 tablespoons lemon juice
- ½ teaspoon kosher or sea salt
- 1 cup water

Directions

Cook rice according to package directions, and remove from heat. Stir in kidney beans.

Heat the oil in a separate saucepan on medium-high heat and sauté the onions until translucent, about 2 minutes.

Add garlic and cook until aromatic, about 30 seconds. Do not burn!

Add the tomatoes, tomato paste, cumin, coriander and chili powder; mix well.

Once tomato paste is well blended, add water.

Add vinegar and lemon juice and stir. Simmer, uncovered, over low heat for about 10 minutes.

Portion cambuulo (rice and bean mixture) in a bowl.

Spoon one cup of maraq (spicy tomato sauce) over cambuulo for each portion.



Nutrition Facts	
Cambuulo iyo Maraq (Rice & Beans with Tomatoes & Spices)	
Amount per Serving	
Calories	375
% Daily Value*	
Fat 9g	14%
Saturated Fat 1g	6%
Sodium 668mg	29%
Potassium 769mg	22%
Carbohydrates 63g	21%
Fiber 10g	42%
Sugar 7g	8%
Protein 12g	24%
Vitamin A 937IU	19%
Vitamin C 20mg	24%
Calcium 85mg	9%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Cheddar, Chopped Liver & Broccoli Quesadillas

Serves 4

Ingredients

1 cup milk, to soak liver
1 pound liver
2 tablespoons butter
4 cups frozen broccoli, finely chopped
½ cup tomatoes, chopped
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon oregano
1 teaspoon chili powder
½ teaspoon salt
¼ teaspoon black pepper
4 8-inch whole wheat tortillas
1 tablespoon vegetable or olive oil
½ cup shredded cheddar cheese

Directions

Soak liver in milk for at least 30 minutes to lessen rich "gamey" flavor. Drain thoroughly.

Chop liver in small pieces.

Preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper.

Heat butter over medium heat in a large skillet.

Add broccoli and cook until broccoli starts to soften, about 1 minute. Add tomatoes and cook for an additional minute.

Add liver, onion powder, garlic powder, oregano, chili powder, salt and pepper, and cook, stirring periodically, until liver changes color, about 2 minutes.

Lay tortillas on a sheet pan. Portion broccoli-liver mixture on half of each tortilla and top with portion of cheese.

Fold empty side of tortilla over filled half and brush oil on top.

Bake until cheese melts, about 8-10 minutes.



Nutrition Facts

Cheddar, Chopped Liver & Broccoli Quesadillas

Amount per Serving
Calories 380

% Daily Value*

Fat 20g	31%
Saturated Fat 9g	56%
Trans Fat 1g	
Cholesterol 350mg	117%
Sodium 546mg	24%
Potassium 805mg	23%
Carbohydrates 17g	6%
Fiber 3g	13%
Sugar 5g	6%
Protein 35g	70%
Vitamin A 20328IU	407%
Vitamin C 85mg	103%
Calcium 285mg	29%
Iron 7mg	39%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken Cacciatore

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1½ pounds boneless skinless chicken thighs
- 1 cup yellow onion, sliced
- 2 cups green bell pepper, diced
- 2 cups button mushrooms, sliced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 14-ounce can crushed tomatoes

Directions

Season chicken with salt and pepper on both sides.

Heat oil in a large heavy-bottomed soup pot, add chicken, and sauté until lightly browned, about 2 minutes on each side. Sprinkle with oregano.

Move chicken to the sides of the pot.

Add onions, mushrooms, bell peppers, salt and pepper. Mix well.

Cook vegetables until onions become tender, about 2 minutes.

Add crushed tomatoes stir and cover.

Cook about 45 minutes.

Serve with rice, pasta or other whole grain.



Nutrition Facts	
Chicken Cacciatore	
Amount per Serving	
Calories	309
	% Daily Value*
Fat 14g	22%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 162mg	54%
Sodium 454mg	20%
Potassium 777mg	22%
Carbohydrates 9g	3%
Fiber 3g	13%
Sugar 5g	6%
Protein 35g	70%
Vitamin A 335IU	7%
Vitamin C 64mg	78%
Calcium 43mg	4%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken & Wild Rice Soup

Serves 4

Ingredients

- ¼ cup olive oil, divided
- ½ cup carrots, peeled and diced
- ½ cup celery, diced
- 1 medium baking potato, (about 1 cup), diced
- 1 cup yellow onion, diced
- ½ cup button mushrooms, chopped
- ½ cup wild rice
- 1 pound boneless skinless chicken breast, chopped
- 1 teaspoon dried thyme
- ½ teaspoon kosher or sea salt
- ¼ teaspoon black pepper
- 2 tablespoons flour (wheat flour or gluten-free)
- 4 cups low-sodium chicken broth

Directions

Heat oil in large soup pot on medium-high heat. Add carrots, celery, potatoes, onions and mushrooms, and cook until carrots start to become tender, about 5 minutes.

Rinse wild rice and add to soup pot. Splash pan with a few tablespoons of water, as needed to prevent food from burning.

Add chicken, thyme, salt and pepper, and cook until chicken is ¾ cooked, about 3 minutes. Add splashes of water, as needed, and scrape bottom of pan to deglaze pan (loosen brown bits.) Stir periodically.

Add remaining oil. Sprinkle flour, stirring continuously and being careful not to burn. Cook for 2-3 minutes.

Add broth, cover, and simmer on low heat until wild rice is tender, about 60 minutes.

Simmer, uncovered, for an additional 5 minutes.



Nutrition Facts

Chicken & Wild Rice Soup

Amount per Serving
Calories 442

	% Daily Value*
Fat 18g	28%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 73mg	24%
Sodium 521mg	23%
Potassium 1118mg	32%
Carbohydrates 37g	12%
Fiber 4g	17%
Sugar 4g	4%
Protein 34g	68%
Vitamin A 2779IU	56%
Vitamin C 9mg	11%
Calcium 52mg	5%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Curried Chicken & Lentils

Serves 4

Ingredients

- ¼ cup olive oil
- 1 cup onions, chopped
- 2 tablespoons garlic, minced
- 1 tablespoons curry powder
- 1 teaspoon turmeric
- ¼ teaspoon cayenne pepper
- 1 cup dry red lentils
- ½ teaspoon kosher salt
- 1 pound cooked boneless skinless chicken, chopped
- 4 cups low-sodium vegetable broth
- 2 tablespoons fresh lime juice

Directions

In a soup pot, heat olive oil on medium heat.

Add onions and garlic; cook until tender, about 4-5 minutes, stirring often.

Add curry powder, turmeric, cayenne pepper, salt and lentils; mix well.

Add chicken and broth; stir and bring to a simmer.

Cover and cook for about 20 minutes.

Turn off heat, add lime juice, and serve.



Nutrition Facts	
Curried Chicken & Lentils	
Amount per Serving	
Calories	453
	% Daily Value*
Fat 17g	26%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 73mg	24%
Sodium 429mg	19%
Potassium 971mg	28%
Carbohydrates 37g	12%
Fiber 16g	67%
Sugar 4g	4%
Protein 38g	76%
Vitamin A 123IU	2%
Vitamin C 10mg	12%
Calcium 57mg	6%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Ginger-Beef Salad

Serves 4

Ingredients

- ⅓ cup olive oil, or grapeseed oil
- ⅓ cup fresh lime juice, divided
- 2 tablespoons soy sauce
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- 1½ pounds flank steak or tri-tip steak
- ½ cup green onions, sliced on the bias, optional
- 4 cups romaine or mixed green lettuce, washed, dried, and torn in pieces
- 1 cup walnuts halves and pieces, toasted

Directions

In a large bowl, combine the oil, half of the lime juice, soy sauce, garlic and ginger powder.

Mix well; reserve ¼ cup of the mixture and set aside to use as salad dressing. Adjust seasoning as needed.

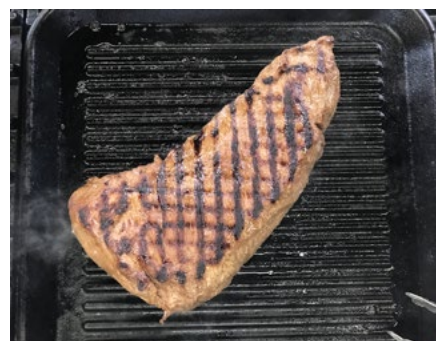
Add steak to bowl and marinate for 60 minutes.

Preheat a grill or grill pan on medium-high. Grill steak until the first side is nicely grilled and starting to char; flip and continue to cook to medium doneness, about 140 degrees, or more for desired doneness.

Remove from grill and let rest for 5-10 minutes before slicing.

Slice the beef on the bias and arrange on a bed of greens.

Top with walnuts and drizzle with dressing.



Nutrition Facts

Ginger-Beef Salad

Amount per Serving
Calories 609

	% Daily Value*
Fat 46g	71%
Saturated Fat 8g	50%
Cholesterol 102mg	34%
Sodium 364mg	16%
Potassium 913mg	26%
Carbohydrates 10g	3%
Fiber 4g	17%
Sugar 2g	2%
Protein 42g	84%
Vitamin A 4234IU	85%
Vitamin C 11mg	13%
Calcium 94mg	9%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Kale Cashew & Quinoa Salad

Serves 4

Ingredients

½ cup dry quinoa

4 cups kale, stems removed, thinly sliced

3 tablespoons tahini

¼ cup fresh lemon juice

2 tablespoons Italian parsley, chopped

⅓ cup olive oil

¼ teaspoon kosher salt

1 cup (medium sized) red bell pepper, sliced

½ cup roasted cashews

Directions

Cook quinoa according to package directions; set aside to cool.

To make the dressing, combine tahini, lemon juice, parsley and salt; whisk in olive oil until blended.

Toss kale with dressing; using hands, squeeze kale with moderate pressure to break down and soften it, about 30 seconds.

Mix kale with cooked quinoa.

Top with red bell pepper and cashews.



Nutrition Facts	
Kale Cashew & Quinoa Salad	
Amount per Serving	
Calories	451
	% Daily Value*
Fat 34g	52%
Saturated Fat 5g	31%
Sodium 182mg	8%
Potassium 703mg	20%
Carbohydrates 31g	10%
Fiber 3g	13%
Sugar 3g	3%
Protein 11g	22%
Vitamin A 8040IU	161%
Vitamin C 137mg	166%
Calcium 141mg	14%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Tuna Apple Salad

Serves 4

Ingredients

- 1 cup plain Greek yogurt
- 2 tablespoons whole-grain mustard
- ½ cup green onion, diced
- ½ cup sweet, tart apple, diced
- ½ cup celery, diced
- 4 5-ounce cans of tuna, well-drained
- 2 teaspoons fresh lemon juice, or to taste
- ¼ teaspoon salt, or to taste
- ¼ teaspoon black pepper, or to taste

Directions

Thoroughly combine all ingredients.

Serve on whole-wheat or pita bread with romaine lettuce or spinach.



Nutrition Facts

Tuna Apple Salad

Amount per Serving
Calories 227

% Daily Value*

Fat 3g	5%
Saturated Fat 1g	6%
Cholesterol 46mg	15%
Sodium 337mg	15%
Potassium 435mg	12%
Carbohydrates 6g	2%
Fiber 1g	4%
Sugar 5g	6%
Protein 43g	86%
Vitamin A 308IU	6%
Vitamin C 5mg	6%
Calcium 102mg	10%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Baked Sardines with Tri-Colored Peppers

Serves 4

Ingredients

*6 3.57-ounce cans sardines, packed in water, thoroughly rinsed and drained

3 tablespoons olive oil, divided

2 tablespoons lemon juice

½ teaspoon dried oregano

½ teaspoon kosher or sea salt, divided

1½ cups green bell peppers, sliced

1½ cups red bell peppers, sliced

1½ cups yellow bell peppers, sliced

1 cup red onion, thinly sliced

1 cup cherry or grape tomatoes, halved

½ cup Parmesan cheese

*Canned sardines are fragile; handle carefully to keep them intact

Directions

Preheat oven at 400 degrees. Line a sheet pan with foil or parchment paper.

Marinate sardines with 2 tablespoons olive oil, lemon juice, oregano and half of the salt for at least 10 minutes.

Spread peppers, onions and tomatoes on the sheet pan and toss with remaining oil and salt.

Bake vegetables on middle oven rack until tender, about 15 minutes.

Remove vegetables from oven. Carefully place fish around edges of sheet pan with vegetables in the center.

Bake on top oven rack until fish is lightly browned, about 10 minutes.

Sprinkle Parmesan cheese on top of fish and vegetables, bake until cheese melts, about 1 minute.



Nutrition Facts	
Baked Sardines with Tri-Colored Peppers	
Amount per Serving	
Calories	214
	% Daily Value*
Fat 14g	22%
Saturated Fat 4g	25%
Cholesterol 11mg	4%
Sodium 510mg	22%
Potassium 502mg	14%
Carbohydrates 16g	5%
Fiber 4g	17%
Sugar 7g	8%
Protein 7g	14%
Vitamin A 2355IU	47%
Vitamin C 233mg	282%
Calcium 187mg	19%
Iron 1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	

Nourish Your Postpartum Mood: Dinner Recipes

Beef & Bitter Melon Stir-Fry

Serves 4

Ingredients

1½ pounds beef chuck, thinly sliced in bite-sized pieces
4 teaspoons low-sodium soy sauce
1 tablespoon cornstarch
4 teaspoons water
2 tablespoons grapeseed or sesame oil
1 teaspoon garlic powder
1 teaspoon ginger powder
2 cups bitter melon, seeds removed, thinly sliced
1 cup onion, sliced
1½ cups red bell peppers
1 cup mushrooms, sliced
2 tablespoons fresh lime juice

Directions

Boil water in medium-sized pot. Add sliced bitter melon and boil for about 2 minutes. The longer boiled, the less bitter the taste. Optional: remove bitter melon from water and place in ice bath to stop cooking process.

Marinate beef with soy sauce for 20 minutes.

Combine corn starch and water to make a slurry; set aside.

Heat large skillet or wok on medium high heat. Add oil and onions.

Cook onions until they begin to soften, about 1 minute. Add mushrooms, cook until they start to release water and become tender, about 1 minute.

Add beef and garlic and ginger powder, and cook until beef is about one-fourth cooked, stirring frequently.

Add bell peppers and par-boiled bitter melon and stir.

Cook until melon is soft, about 3 minutes.

Stir corn starch mixture and mix it into the pan.

Add ½ cup water and deglaze pan (scrape to loosen tasty brown bits); turn off heat.

Add lime juice and stir.

Serve with rice or other whole grain if desired.



Nutrition Facts

Beef & Bitter Melon Stir-Fry

Amount per Serving
Calories 431

% Daily Value*

Fat 27g	42%
Saturated Fat 9g	56%
Trans Fat 1g	
Cholesterol 117mg	39%
Sodium 313mg	14%
Potassium 988mg	28%
Carbohydrates 13g	4%
Fiber 4g	17%
Sugar 5g	6%
Protein 35g	70%
Vitamin A 1995IU	40%
Vitamin C 116mg	141%
Calcium 55mg	6%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken, Beans & Greens

Serves 4

Ingredients

2 tablespoons olive oil
1½ pounds chicken, cut in bite-sized pieces
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons garlic, minced
6 cups kale, chopped
1 cup canned crushed tomatoes
2 cups low-sodium vegetable broth
1 15-ounce can pinto beans, rinsed and drained
¼ teaspoon red pepper flakes

Directions

In a large skillet, heat oil over medium heat.

Add chicken, salt, pepper and garlic; cook 1 minute, stirring periodically.

Add kale and cook until it turns bright green, about 5 minutes.

Splash water in pan and scrape to deglaze (remove browned bits sticking to pan.)

Add tomatoes and broth, bring to a simmer, cover and cook until greens are very tender, about 5-7 minutes.

Mash half of the beans for a creamier texture. Stir all the beans into the dish and serve.



Nutrition Facts

Chicken, Beans & Greens

Amount per Serving	
Calories	452
	% Daily Value*
Fat 13g	20%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 109mg	36%
Sodium 616mg	27%
Potassium 1629mg	47%
Carbohydrates 37g	12%
Fiber 9g	38%
Sugar 2g	2%
Protein 49g	98%
Vitamin A 10199IU	204%
Vitamin C 130mg	158%
Calcium 226mg	23%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Coconut Curry Beans

Serves 4

Ingredients:

- 2 tablespoons coconut oil
- 1 cup red onions, chopped small
- 1 cup carrots, diced small
- 1 cup celery, diced small
- 4 teaspoons curry powder
- 2 teaspoons dried basil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 4 cans low-sodium red kidney beans, rinsed and drained
- 2 cups coconut milk or coconut cream
- 1 cup green onions, both green and white parts, thinly sliced
- 1 tablespoon cilantro, optional

Directions:

Heat oil in a skillet on medium heat.

Add red onions, carrots and celery; sauté until onions are tender, 5-7 minutes.

Reduce heat to low. Add curry powder, basil, salt and black pepper; stir to combine and cook 1 minute.

Stir in beans. Add coconut milk and mix well.

Simmer, covered, about 10 minutes, stir periodically to prevent burning.

Stir in green onions and garnish with cilantro before serving.



Nutrition Facts	
Coconut Curry Beans	
Amount per Serving	
Calories	333
	% Daily Value*
Fat 32g	49%
Saturated Fat 28g	175%
Sodium 648mg	28%
Potassium 595mg	17%
Carbohydrates 14g	5%
Fiber 4g	17%
Sugar 4g	4%
Protein 4g	8%
Vitamin A 5741IU	115%
Vitamin C 12mg	15%
Calcium 91mg	9%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Honey Garlic Shrimp Stir-Fry

Serves 4

Ingredients

1½ pounds shrimp, (16-20 per lb.), thawed, peeled, tails off

4 cups broccoli florets, frozen

2 cups sugar snap peas, trimmed and cut in half

2 tablespoons minced garlic

2 tablespoons honey

2 tablespoons soy sauce

4 cups fresh spinach

2 tablespoons olive oil

Directions

Place shrimp in a bowl. Mix together honey, soy sauce and garlic and pour half of mixture over shrimp.

Thoroughly mix shrimp with sauce and let marinate for 15 minutes.

In large pan over medium-high heat, add half of the oil.

Once oil is hot, add broccoli and pea pods. Stir fry until pea pods turn bright green and just start to soften but are still firm, 1-2 minutes.

Add remaining oil to pan; add shrimp to pan and stir.

Cook shrimp for one minute on each side or until they start to turn pink.

Add spinach with remaining sauce; stir and cook until spinach as wilted.



Nutrition Facts

Honey Garlic Shrimp Stir-Fry

Amount per Serving
Calories 330

% Daily Value*

Fat 8g	12%
Saturated Fat 1g	6%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 322mg	107%
Sodium 512mg	22%
Potassium 589mg	17%
Carbohydrates 22g	7%
Fiber 4g	17%
Sugar 12g	13%
Protein 45g	90%
Vitamin A 3913IU	78%
Vitamin C 120mg	145%
Calcium 103mg	10%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Lemon Seafood Soup

Serves 4

Ingredients

3 tablespoons olive oil
2 cups yellow onion, diced
2 tablespoons minced garlic
1 teaspoon paprika
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon salt
½ teaspoon black pepper
4 cups low-sodium vegetable or chicken broth
1 pound tilapia fillets, cut in chunks
1 pound 16-20 count shrimp, thawed, tails off
¼ cup lemon juice
¼ cup fresh parsley, chopped

Directions

Heat olive oil in large pot over medium heat; add onions and cook until onions are aromatic and start to become tender, about 1-2 minutes.

Add garlic, paprika, thyme, oregano, salt and black pepper; stir.

Add broth, tilapia and shrimp; stir.

Bring to a simmer, cover the pan and cook for 15 minutes, stirring occasionally.

Add lemon juice and parsley, stir, and serve.



Nutrition Facts

Lemon Seafood Soup

Amount per Serving

Calories **359**

% Daily Value*

Fat 13g **20%**

Saturated Fat 2g **13%**

Trans Fat 1g

Cholesterol 238mg **79%**

Sodium 492mg **21%**

Potassium 479mg **14%**

Carbohydrates 14g **5%**

Fiber 3g **13%**

Sugar 5g **6%**

Protein 48g **96%**

Vitamin A 368IU **7%**

Vitamin C 20mg **24%**

Calcium 112mg **11%**

Iron 1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.

Lentil Beef Loaf

Serves 6

Ingredients

- 3 tablespoons olive oil
- 1 cup yellow onion, chopped
- 1½ cups red lentils, rinsed and drained
- 1 pound 85% lean ground beef
- 1½ cups fresh poblano chili peppers, seeded and chopped
- 2 tablespoons minced garlic
- ½ teaspoon oregano
- ¼ cup whole wheat flour, gluten-free flour also works
- ¼ cup fresh cilantro, finely chopped
- 2 tablespoons lime juice
- 1 teaspoon sea salt
- ¼ cup taco sauce*

*Purchase one without excess salt and preservatives, if possible.

Directions

Preheat oven to 375°. Line a 9×5-inch loaf pan with parchment paper.

In a skillet on medium-high heat, combine onions, ground beef, lentils, poblanos, garlic, and oregano. Stir in 1½ cups water. Break apart ground beef as it cooks.

Simmer, covered, until lentils are tender and water is absorbed, stirring occasionally, about 18-20 minutes.

Stir in flour, cilantro, lime juice, and salt. Mix well.

Lightly pat mixture into the prepared loaf pan; flatten top.

Spoon 2 tablespoons taco sauce over the loaf.

Bake 30 to 40 minutes or until sauce looks dark and dry.

Cool on a wire rack 15 minutes. Slice loaf and serve with the remaining sauce.



Nutrition Facts

Lentil Beef Loaf

Amount per Serving
Calories 431

% Daily Value*

Fat 19g	29%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 51mg	17%
Sodium 517mg	22%
Potassium 797mg	23%
Carbohydrates 36g	12%
Fiber 16g	67%
Sugar 4g	4%
Protein 27g	54%
Vitamin A 207IU	4%
Vitamin C 36mg	44%
Calcium 57mg	6%
Iron 6mg	33%

* Percent Daily Values are based on a 2000 calorie diet.

Baked Salmon with Zucchini & Potatoes

Serves 4

Ingredients

2 tablespoons olive oil

½ teaspoon kosher or sea salt

½ teaspoon dried basil

½ teaspoon onion powder

½ teaspoon paprika

1½ pounds salmon fillets, cut in 4 portions

3 cups zucchini

4 cups potatoes

Fresh lemon juice, optional

Directions

Preheat oven to 375 degrees. Line a sheet pan with foil or parchment paper.

Combine spices and salt.

On sheet pan, toss potatoes with ½ of spice-salt mixture. Spread evenly and cook until potatoes are browned and tender, about 20 minutes.

Add zucchini, toss with cooked potatoes, and half of remaining spice-salt mixture. Spread evenly on pan. Cook until zucchini are becoming tender, 10-12 minutes.

Create an open space for salmon filets, in center of pan. Season fish with remaining spice/salt mixture.

Bake until salmon is firm to the touch, about 10 minutes.

Optional: Squeeze fresh lemon juice on salmon and vegetables before serving.



Nutrition Facts

Baked Salmon with Zucchini & Potatoes

Amount per Serving
Calories 482

% Daily Value*

Fat 18g	28%
Saturated Fat 3g	19%
Cholesterol 94mg	31%
Sodium 386mg	17%
Potassium 1967mg	56%
Carbohydrates 40g	13%
Fiber 6g	25%
Sugar 4g	4%
Protein 39g	78%
Vitamin A 278IU	6%
Vitamin C 59mg	72%
Calcium 65mg	7%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Paprika Beef and Mushrooms

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 cup celery, chopped
- 1 cup onions, chopped
- 1 cup carrots, chopped
- 4 cups mushrooms, sliced
- 4 teaspoons paprika
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ pounds chuck roast, cubed, fat trimmed as needed
- 1 14.5-ounce can fire-roasted diced tomatoes

Directions

Heat a deep skillet or soup pot on medium-high heat.

Add olive oil, celery, onions and carrots; sauté until vegetables are caramelized, about 5-7 minutes.

Reduce heat to medium; add mushrooms, paprika, garlic, salt and pepper and mix well.

Cook until mushrooms are browned, about 5-7 minutes, stirring often. Deglaze pan (scrape to loosen brown bits) with ½ cup water.

Add beef and tomatoes. Bring to a simmer and cook, covered, for 1 hour and 15 minutes, stirring occasionally.



Nutrition Facts	
Paprika Beef & Mushrooms	
Amount per Serving	
Calories	452
	% Daily Value*
Fat 27g	42%
Saturated Fat 10g	63%
Trans Fat 1g	
Cholesterol 117mg	39%
Sodium 647mg	28%
Potassium 1118mg	32%
Carbohydrates 17g	6%
Fiber 4g	17%
Sugar 8g	9%
Protein 38g	76%
Vitamin A 6077IU	122%
Vitamin C 16mg	19%
Calcium 96mg	10%
Iron 5mg	28%
* Percent Daily Values are based on a 2000 calorie diet.	

Tangy Tomatillo Chicken

Serves 4

Ingredients

2 tablespoons olive oil
1½ pounds boneless, skinless chicken thighs or breasts, cut in bite-sized pieces
½ teaspoon kosher salt
2 tablespoons minced garlic
1 cup yellow onion, diced
1 teaspoon chili powder
1 teaspoon paprika
½ teaspoon cumin
4 cups tomatillos, husks removed, cored and chopped
1 cup low-sodium chicken stock
1 tablespoon fresh lime juice
2 tablespoons fresh cilantro, chopped
4 cups cooked brown rice

Directions

Preheat large soup pan or deep-sided skillet on medium-high heat.

Add olive oil; add chicken, season with salt, brown chicken, about 2 minutes.

Reduce heat to medium. Add garlic and onions; cook until translucent about 2 minutes.

Add chili powder, paprika, and cumin; stir and cook for 30 seconds.

Add tomatillos and stock.

Reduce heat to a simmer; cover pot and cook until chicken is very tender, about 40-45 minutes.

Remove lid; cook over medium heat until sauce is reduced in half, stirring occasionally.

Remove from heat, add lime juice, stir.

Serve with brown rice.



Nutrition Facts

Tangy Tomatillo Chicken

Amount per Serving	
Calories	552
	% Daily Value*
Fat 15g	23%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 109mg	36%
Sodium 520mg	23%
Potassium 1285mg	37%
Carbohydrates 60g	20%
Fiber 7g	29%
Sugar 7g	8%
Protein 44g	88%
Vitamin A 408IU	8%
Vitamin C 24mg	29%
Calcium 61mg	6%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.



~~SUPERHERO~~
exhausted

Body Repair and Recovery

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Body Repair and Recovery After Birth

You worked hard to nourish yourself while you were pregnant so your baby could have their best chance to thrive right from the start. You worked even harder to give birth to your baby. Now, with sleepless nights, cluster feedings, little time to eat or even shower, and the hormonal changes of being a new mom, your body could use some help recovering and repairing.

Finding time to care for yourself in the early days of having a new baby can be challenging. But the effort you put into your own recovery will help you be a better parent to your little one. With little time to eat in between feeding baby and changing diapers, it is even more important to make sure the nutrition you take in gives your body what it needs to repair and recover.

These important nutrients help fuel your body, support recovery, and help you feel your best in the postpartum days.

Protein

Protein is important for growth and repair of cells, which is essential when you are recovering from the delivery of your baby. Your protein needs are significantly higher when you are pregnant and after your baby is born. The Dietary Guidelines for Americans recommends women who are breast feeding get 71g of protein per day.¹ Choose lean protein from fish, poultry, lean meats, beans, lentils, dairy, and soy foods.

Healthy Fats

Research suggests healthy fats, which include monounsaturated fats (like those found in olive oil) and polyunsaturated fats (like the omega-3 fatty acids found in fish), can help enhance mental focus (especially important when you're running on only a few hours of sleep!), reduce inflammation, and lower the risk of postpartum depression.² They also help your body absorb key nutrients. Foods rich in healthy fats include olive oil, avocados, fatty fish, walnuts, flax, and chia seeds.

Foods For Body Repair and Recovery

- Lean protein
- Healthy fats
- Fiber-rich foods
- Iron
- Calcium



Fiber

Most of us could use more fiber. In fact, less than 10% of women in the United States meet their daily recommendation for fiber.¹ Fiber is particularly helpful postpartum because it can help prevent or relieve constipation, helps you feel fuller longer, and helps prevent swings in your blood sugar. You should aim for 31 to 34g of fiber every day.¹ Load up on fiber-rich foods, like whole grains, fruits, vegetables, beans, lentils, nuts, and seeds.

Iron

No matter which way you deliver, your body loses iron during childbirth. Iron is important for both you and your baby if you're breast feeding. Eat foods rich in iron to help your body rebuild its stores. Good sources include red meat, liver, oysters, beans and lentils, oatmeal, green leafy vegetables, and fortified breakfast cereals.³ If you think you are low in iron, consult your healthcare provider to have your levels checked and consider a supplement.

Calcium

If you are breast feeding, your body is using your calcium stores to ensure your baby gets the calcium they need to build strong bones. It is normal to lose 5 percent or more of your bone mass while breast feeding, though women usually rebuild this bone mass once they stop breast feeding. However, some research suggests that supplementing with calcium decreases the amount of bone you lose while breast feeding.⁴

Ensure you are getting enough calcium in your diet to help reduce postpartum bone loss. Good food sources of calcium include yogurt, cheese, milk, sardines, tofu, spinach, and fortified orange juice.⁵

Vitamin D

Vitamin D plays many important roles in your body, supporting the immune system, nervous system, and reducing your risk of postpartum depression and anxiety.⁶ Fish, mushrooms and eggs are among the few foods that naturally contain vitamin D.⁷ Your skin makes vitamin D when it is exposed to sunlight. However, if you live in a northern climate or elsewhere during the winter months, you should consider taking a supplement to meet your needs.

Calories

Growing a baby was hard work. Taking care of your newborn is even harder! And if you are breast feeding, your calorie needs are likely higher than they were when you were pregnant.¹

You may be eager to return to your pre-baby weight as soon as possible, but recovering from birth and caring for your newborn means you'll need adequate calories to fuel yourself and your recovery. Many women who are breast feeding find they naturally lose the baby weight without even trying.⁸ Others hold onto some of the weight until they are completely done breast feeding, which could be years later.

It's normal to feel you'd like to return to your pre-baby body, but try not to worry too much about losing weight or how your post-pregnancy body looks. The most important thing in your body's recovery is to make sure you are fueling yourself with nutrient-rich foods, like fruits, veggies, whole grains, lean proteins, nuts, seeds, and legumes. Your body will settle into its post-pregnancy state in its own time.

Boost Your Energy with Nutrient-Dense Foods

Having a newborn can be exhausting. Often, when we are tired, we may be tempted to reach for foods and snacks that give us a quick lift, like sugary or fatty processed foods and snacks, or caffeine. But while these foods give us energy in the short-term, they often leave us feeling even more depleted in the long run.

The best way to fuel yourself for those sleepless days and nights is to eat nutrient-dense foods that are loaded with complex

carbohydrates (like whole grains), protein, and healthy fats. Keep nutritious snacks, like nuts and seeds, cut up fresh fruits and veggies, dried fruits, and string cheese, around the house for when you need a quick fuel up.

Repair and Recover with Smart Nutrition

The postpartum days are as demanding as they are beautiful. Fueling yourself with the right foods gives you more sustained energy and helps your body repair and recover from birthing your baby. Enjoy these recipes that are both quick to prepare and big on nutrition so you have the energy to take care of your baby and yourself.



Banana Chocolate Flax Seed Smoothie

Serves 2 (2-cup serving)

Ingredients

2 large ripe bananas, (about 2 cups), can be peeled and frozen in advance

1 cup plain Greek yogurt

1½ cups 2% milk

2 tablespoons honey

3 tablespoons unsweetened cocoa powder

4 tablespoons ground flax seed

6 ice cubes, optional

Directions

Place all ingredients in a blender and blend until smooth and frothy.

Portion into 2 tall glasses and serve.



Nutrition Facts

Banana Chocolate Flax Seed Smoothie

Amount per Serving
Calories 408

% Daily Value*

Fat 11g 17%

Saturated Fat 4g 25%

Trans Fat 1g

Cholesterol 19mg 6%

Sodium 129mg 6%

Potassium 1050mg 30%

Carbohydrates 65g 22%

Fiber 9g 38%

Sugar 44g 49%

Protein 21g 42%

Vitamin A 260IU 5%

Vitamin C 11mg 13%

Calcium 376mg 38%

Iron 2mg 11%

* Percent Daily Values are based on a

2000 calorie diet.

Cardamom-Ginger Barley Bowl

Serves 4

Ingredients

- 1 cup dry barley, pearled or hulled
- 3 cups water
- ½ teaspoon ground ginger
- ½ teaspoon ground cardamom
- ⅛ teaspoon kosher salt
- 1¼ cups plain Greek yogurt
- 2 teaspoons honey, optional
- 1 cup blueberries, blackberries, raspberries or strawberries
- ½ cup unsalted walnuts, chopped

Directions

Rinse barley before cooking to remove debris and residue.

Combine barley, water, ginger, cardamom and salt in a saucepan. Bring to a boil, reduce heat to low and cover.

Cook until water is absorbed and barley is tender, approximately 25 minutes for pearled barley, and 35-40 minutes for hulled. Set aside to cool. Option: make ahead and chill.

To serve, evenly distribute barley into 4 bowls. Top with yogurt, honey, berries and walnuts.



Nutrition Facts	
Cardamom-Ginger Barley Bowl	
Amount per Serving	
Calories	329
	% Daily Value*
Fat 11g	17%
Saturated Fat 1g	6%
Trans Fat 1g	
Cholesterol 3mg	1%
Sodium 110mg	5%
Potassium 397mg	11%
Carbohydrates 47g	16%
Fiber 10g	42%
Sugar 9g	10%
Protein 15g	30%
Vitamin A 36IU	1%
Vitamin C 4mg	5%
Calcium 107mg	11%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Florentine Egg Puffs

Serves 4 (3 egg puffs per serving)

Ingredients

- 1 tablespoon butter
- 1 cup mushrooms, white or cremini, sliced
- 2 cups fresh spinach, loosely packed
- 1 cup red bell pepper, (1 medium), diced
- 8 eggs, whisked
- ½ cup shredded mozzarella cheese
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

Preheat oven to 400 degrees.

Heat butter in a large skillet on medium heat. Add mushrooms and bell peppers; season with salt.

Cook mushroom and pepper mixture until just tender, about 5 minutes; add spinach.

Continue cooking until water evaporates, 2-4 minutes. Remove from heat and set aside to cool.

Combine eggs with cooked vegetables and cheese in a bowl.

Portion mixture into greased 12-cup muffin tin.

Bake until eggs are puffy and firm, about 10-15 minutes.



Nutrition Facts	
Florentine Egg Puffs	
Amount per Serving	
Calories	214
	% Daily Value*
Fat 15g	23%
Saturated Fat 6g	38%
Trans Fat 1g	
Cholesterol 346mg	115%
Sodium 398mg	17%
Potassium 373mg	11%
Carbohydrates 5g	2%
Fiber 1g	4%
Sugar 3g	3%
Protein 16g	32%
Vitamin A 3231IU	65%
Vitamin C 52mg	63%
Calcium 140mg	14%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Sabaayad with Banana & Peanut Butter (Somali Flatbread)

Serves 4

Flatbread Ingredients

1½ cups whole wheat flour

½-¾ cups water

¼ teaspoon salt

1 tablespoon grapeseed oil, plus more for frying

Topping ingredients

1 banana

2 tablespoons natural peanut butter (contains only peanuts and salt)

1 teaspoon honey, optional

Directions

Mix flour, oil and salt in a large mixing bowl. Add water a little at a time and mix with your fingers. Once mixture starts to clump together, knead dough in bowl until it is smooth, about 5 minutes.

Form dough into a ball. Brush with oil, cover and set aside in bowl for 30 minutes.

Divide dough into 4 balls. On a lightly floured surface, roll each ball into a thin, coarse circle about 8 inches in diameter.

Brush oil on one side of flattened dough. Make a square by folding edges of dough toward the center, overlapping the folded edges. Repeat process for all the pieces of dough.

On a floured surface, roll each piece into a larger, thinner square.

Fry sabaayad one at a time in a non-stick pan over medium heat with 1 teaspoon grapeseed oil. Flip them when each side is golden brown, about 1 to 2 minutes. They will puff slightly and become crisp and brown.

Remove from pan and drain the sabaayad on paper towels. Serve warm with banana, peanut butter and honey, as desired.



Nutrition Facts	
Sabaayad with Banana and Peanut Butter (Somali Flatbread)	
Amount per Serving	
Calories	257
	% Daily Value*
Fat 9g	14%
Saturated Fat 1g	6%
Sodium 185mg	8%
Potassium 321mg	9%
Carbohydrates 41g	14%
Fiber 6g	25%
Sugar 5g	6%
Protein 8g	16%
Vitamin A 23IU	0%
Vitamin C 3mg	4%
Calcium 21mg	2%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Sheet Pan Eggs & Veggies

Serves 4

Ingredients

- 1 large zucchini, about 2 cups, chopped
- 1 pint grape or cherry tomatoes, about 1½ cups
- 1 15-ounce can low-sodium black beans, about 2 cups, rinsed and drained
- 8 large eggs
- 3 tablespoons olive oil
- 2 teaspoons dried basil
- 2 teaspoons dried thyme
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt, divided

Directions

Preheat oven to 425 degrees. Line a sheet pan with foil or parchment paper. Mix together olive oil, basil, thyme, garlic powder and half the salt.

Place vegetables and beans on pan and thoroughly mix with olive oil-spice mixture.

Spread evenly on pan and bake 12-15 minutes or until vegetables are soft. If using frozen vegetables, it may need to bake several minutes longer.

Remove pan and make 4 wells, one in each quadrant of the vegetable mixture. Crack eggs and carefully transfer 2 eggs into each hole. Return to oven for 10-12 minutes or until egg whites are set and yolks begin to set; bake longer for firmer yolks.

Season vegetables and eggs with remaining salt and serve.



Nutrition Facts

Sheet Pan Eggs and Veggies

Amount per Serving	
Calories	639
	% Daily Value*
Fat 21g	32%
Saturated Fat 5g	31%
Trans Fat 1g	
Cholesterol 327mg	109%
Sodium 432mg	19%
Potassium 2233mg	64%
Carbohydrates 78g	26%
Fiber 20g	83%
Sugar 7g	8%
Protein 37g	74%
Vitamin A 1601IU	32%
Vitamin C 25mg	30%
Calcium 230mg	23%
Iron 9mg	50%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken with Tomato-Cilantro Yogurt Sauce

Serves 4

Ingredients

1½ pounds boneless, skinless chicken breast, cut in bite-sized pieces

2 tablespoons grapeseed or olive oil

¼ teaspoon salt

1 teaspoon garlic powder

1 teaspoon ground ginger

¼ cup green onion, green and white parts, minced

2 15-ounce cans low-sodium diced tomatoes (about 4 cups)

½ cup fresh cilantro, or fresh parsley, minced

1 cup plain Greek yogurt

1 tablespoon lime juice

Directions

Heat oil a large heavy-bottomed skillet on medium-high heat. Season the chicken with salt, garlic powder and ground ginger.

Add chicken to skillet and cook until golden brown, about 2 minutes, stirring periodically.

Add green onion and reduce heat to medium.

Cook for 30-60 seconds, until aromatic.

Add tomatoes; cover and simmer on low heat until chicken is tender, about 15-20 minutes.

Return heat to medium and add the cilantro and yogurt.

Simmer sauce until it thickens, about 4-5 minutes.

Season with lime juice.



Nutrition Facts

Chicken with Tomato-Cilantro Yogurt Sauce

Amount per Serving
Calories 313

	% Daily Value*
Fat 12g	18%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 111mg	37%
Sodium 375mg	16%
Potassium 974mg	28%
Carbohydrates 8g	3%
Fiber 2g	8%
Sugar 5g	6%
Protein 42g	84%
Vitamin A 393IU	8%
Vitamin C 16mg	19%
Calcium 108mg	11%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Citrus-Avocado Wild Rice Salad

Serves 4 (1½ cup portions)

Ingredients

- 1 cup dry wild rice, (3 cups cooked), cooked per package directions
- 1 orange, peeled, chopped
- 1 avocado, pitted, diced
- ½ cup walnuts, chopped
- ½ cup dried apricots, chopped
- 1 green onion, thinly sliced, green and white parts
- ¼ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- ½ teaspoon salt

Directions

In a small mixing bowl, combine olive oil, vinegar, syrup, and salt; whisk or mix well.

In a large mixing bowl, combine cooked wild rice, orange, avocado, walnuts, apricots and green onions.

Add vinaigrette and stir until well incorporated. Let sit for 10 minutes before serving to blend flavors.



Nutrition Facts	
Citrus-Avocado Wild Rice Salad	
Amount per Serving	
Calories	522
	% Daily Value*
Fat 31g	48%
Saturated Fat 4g	25%
Sodium 301mg	13%
Potassium 764mg	22%
Carbohydrates 57g	19%
Fiber 9g	38%
Sugar 20g	22%
Protein 10g	20%
Vitamin A 773IU	15%
Vitamin C 23mg	28%
Calcium 65mg	7%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Citrus-Ginger Tilapia with White Beans & Broccoli

Serves 4

Ingredients

- 1½ pounds tilapia fillets, cut in 4 equal portions
- ¼ cup olive oil, divided
- 1 teaspoon ginger, grated or minced
- 2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- ½ teaspoon garlic, grated or minced
- 1 green onion, green and white parts, thinly sliced
- ¼ teaspoon kosher salt
- 1 15-ounce can white beans, drained and rinsed, either cannellini or Great Northern
- 1 pound frozen broccoli florets

Directions

Combine ginger, lime juice, soy, garlic and green onions; set aside.

Heat half of the oil in a skillet on medium high heat. Add broccoli and white beans, season with salt, and cook until heated through. Remove from pan.

Heat remaining oil over medium heat; add tilapia and sauté 2-3 minutes.

Flip fish over and spoon citrus-ginger sauce over the fish; cover skillet and cook another 2-3 minutes.

Plate beans and broccoli, top with fish portions and drizzle pan sauce on top.



Nutrition Facts	
Citrus-Ginger Tilapia with White Beans & Broccoli	
Amount per Serving	
Calories	458
	% Daily Value*
Fat 17g	26%
Saturated Fat 3g	19%
Cholesterol 83mg	28%
Sodium 413mg	18%
Potassium 901mg	26%
Carbohydrates 33g	11%
Fiber 9g	38%
Sugar 3g	3%
Protein 46g	92%
Vitamin A 740IU	15%
Vitamin C 104mg	126%
Calcium 141mg	14%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Dijon Tuna Green Bean Salad

Serves 4

Ingredients

3 tablespoons Dijon mustard

3 tablespoons apple cider vinegar

1/3 cup olive oil

1/2 teaspoon salt

1 pound fresh or frozen green beans,
ends trimmed

1/2 cup almonds, chopped

4 cups mixed salad greens, (1 5-ounce package)

2 5-ounce cans water-packed tuna,
well-drained

Directions

Combine mustard, vinegar, oil, and salt. Reserve half of vinaigrette for final dish.

Toss green beans with tuna and half of vinaigrette; let sit for at least one hour to soften and blend flavors. Alternately, you can blanch the green beans for 1 minute in boiling water and plunge into ice water.

Portion greens on salad plates, top with tuna-green bean mixture and remaining vinaigrette, and garnish with almonds.



Nutrition Facts

Dijon Tuna Green Bean Salad

Amount per Serving
Calories 356

	% Daily Value*
Fat 28g	43%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 18mg	6%
Sodium 414mg	18%
Potassium 547mg	16%
Carbohydrates 14g	5%
Fiber 6g	25%
Sugar 6g	6%
Protein 17g	34%
Vitamin A 1273IU	25%
Vitamin C 23mg	28%
Calcium 110mg	11%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

One-Pan Turkey with Root Vegetables

Serves 4

Ingredients

- 2 cups fresh turnips, (about 1 pound), peeled, cut in chunks
- 2 cups fresh parsnips, (about 1 pound), peeled, cut in chunks
- 2 cups fresh or frozen carrots, peeled, cut in chunks
- 3 tablespoons olive oil
- 1½ teaspoons paprika
- 1 teaspoon dried thyme
- 1½ teaspoons garlic powder
- ½ teaspoon kosher or sea salt
- 1½ pounds turkey breast, cubed

Directions

Preheat oven to 400 degrees. Line a sheet pan with foil or parchment paper.

Place vegetables on sheet pan and toss with olive oil and half of the spices; spread mixture evenly.

Bake until vegetables are lightly browned, about 10 minutes, and remove from oven.

Add cubed turkey and remaining spices and mix well; spread mixture evenly on sheet pan.

Bake until turkey is lightly browned, firm to the touch, and reaches a temperature of 165 degrees, about 20 minutes.

Allow to rest at least 3 minutes after removing from oven.



Nutrition Facts

One-Pan Turkey with Root Vegetables

Amount per Serving	
Calories	364
	% Daily Value*
Fat 14g	22%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 92mg	31%
Sodium 737mg	32%
Potassium 1009mg	29%
Carbohydrates 23g	8%
Fiber 6g	25%
Sugar 9g	10%
Protein 39g	78%
Vitamin A 10793IU	216%
Vitamin C 31mg	38%
Calcium 94mg	9%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Parmesan Turmeric Chicken with Butternut Squash

Serves 4

Ingredients

3 tablespoons olive oil

½ teaspoon salt

1 cup onion, chopped

1½ pounds boneless, skinless chicken breast, chopped

½ teaspoon ground turmeric

½ teaspoon paprika

3 tablespoons garlic, minced

3 cups butternut squash, fresh or frozen, peeled, diced small

¼ cup fresh parsley, chopped, optional

¼ cup Parmesan cheese, shredded

Directions

Heat a large frying pan on medium-high heat. Add oil, chicken, salt and onions. Cook, stirring periodically, until onions are softened, about 2-3 minutes.

Add turmeric, paprika and garlic; stir.

Add butternut squash and stir to combine.

Add a few splashes of water to create steam and cover. Reduce heat to medium-low and cook, stirring periodically, until butternut squash starts to soften, about 10-12 minutes. If using frozen squash, cook about 3-5 minutes. Add half of the parsley and mix gently. Sprinkle with Parmesan cheese and remove from heat.

Garnish with remainder of parsley before serving.



Nutrition Facts

Parmesan Turmeric Chicken with Butternut Squash

Amount per Serving
Calories 386

% Daily Value*

Fat 17g	26%
Saturated Fat 3g	19%
Trans Fat 1g	
Cholesterol 113mg	38%
Sodium 597mg	26%
Potassium 1116mg	32%
Carbohydrates 19g	6%
Fiber 3g	13%
Sugar 4g	4%
Protein 40g	80%
Vitamin A 11598IU	232%
Vitamin C 35mg	42%
Calcium 159mg	16%
Iron 2mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

Pear & Sardine Salad with Lemon-Honey Vinaigrette

Serves 4

Salad Ingredients

4 cups baby spinach, (1 5-ounce package), tightly packed

6 3.75-ounce cans sardines, gently rinsed, drained thoroughly

1½ cups pears, (about 2), sliced

2 cups cooked brown rice

½ cup walnuts, chopped

Vinaigrette Ingredients:

4 tablespoons lemon juice

4 teaspoons honey

2/3 cup olive oil

¼ teaspoon salt

¼ teaspoon pepper

Directions

Thoroughly combine vinaigrette ingredients in a bowl or jar.

Drizzle half of vinaigrette over sardines.

Combine spinach, pears, brown rice, and remaining vinaigrette in a large bowl, or plate for individual servings.

Top salad mixture with sardines and sprinkle with additional vinaigrette and walnuts.



Nutrition Facts

Pear & Sardine Salad with Lemon-Honey Vinaigrette

Amount per Serving
Calories 561

% Daily Value*

Fat 36g	55%
Saturated Fat 5g	31%
Cholesterol 98mg	33%
Sodium 448mg	19%
Potassium 664mg	19%
Carbohydrates 39g	13%
Fiber 5g	21%
Sugar 9g	10%
Protein 23g	46%
Vitamin A 2907IU	58%
Vitamin C 14mg	17%
Calcium 324mg	32%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Smoky Beef and Mixed Bean Stew

Serves 8

Ingredients

2 tablespoons olive oil

1 cup celery, diced

2 pounds beef roast, (top round, bottom round, chuck)
cut in bite-sized pieces

1 teaspoon smoked paprika

1 teaspoon dried oregano

2 cups low-sodium chicken broth, or vegetable broth

1 can low-sodium garbanzo beans, rinsed and drained

1 can kidney beans, rinsed and drained

1 teaspoon kosher salt

½ teaspoon black pepper

2 teaspoons apple cider vinegar

Directions:

In a large soup pot, heat oil on medium-high heat.

Sauté celery until translucent, about 2-3 minutes.

Add beef, paprika, oregano, salt and pepper; cook 6-8 minutes, stirring occasionally.

Add broth and beans; cover and simmer until beef is tender, about 80 minutes.

Add vinegar and stir well before serving.



Nutrition Facts

Smoky Beef and Mixed Bean Stew

Amount per Serving
Calories 329

% Daily Value*

Fat 11g	17%
Saturated Fat 3g	19%
Cholesterol 70mg	23%
Sodium 518mg	23%
Potassium 765mg	22%
Carbohydrates 23g	8%
Fiber 7g	29%
Sugar 4g	4%
Protein 34g	68%
Vitamin A 199IU	4%
Vitamin C 1mg	1%
Calcium 74mg	7%
Iron 5mg	28%

* Percent Daily Values are based on a 2000 calorie diet.

Southern Stew

Serves 6

Ingredients

2 tablespoons olive oil

2 pounds raw boneless skinless chicken breast, cut in bite-sized pieces

¼ teaspoon salt

¼ teaspoon black pepper

1 bunch (about 6 cups) collard greens, washed, rough chopped

1 cup carrots, peeled, diced

1 cup celery, diced

1 cup red or yellow onion, diced

1 teaspoon garlic powder

4 cups low-sodium chicken stock

1 14-ounce can black-eyed peas, rinsed, drained

Directions

In a large soup pot, heat oil over medium-high heat.

Add chicken; season with salt and pepper.

Cook until browned, stirring periodically, about 3-5 minutes.

Add collard greens, carrots, celery, onions, and garlic powder and stir.

Cover and cook on medium low heat, stirring periodically until collards are softened, about 8-10 minutes.

Reduce heat as needed to prevent burning.

Add stock and scrape bottom of soup pot to loosen the flavorful brown bits.

Stir and simmer, covered, for 20-30 minutes.

Add black-eyed peas and heat through.



Nutrition Facts	
Southern Stew	
Amount per Serving	
Calories	346
	% Daily Value*
Fat 10g	15%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 97mg	32%
Sodium 352mg	15%
Potassium 1053mg	30%
Carbohydrates 22g	7%
Fiber 6g	25%
Sugar 5g	6%
Protein 41g	82%
Vitamin A 3780IU	76%
Vitamin C 6mg	7%
Calcium 56mg	6%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Split Pea Soup

Serves 6

Ingredients

2 tablespoons olive oil
1 cup onion, diced
1 cup carrot, diced
1 cup celery, diced
1 pound dried green peas, (2 cups), rinsed
6 cups low-sodium vegetable broth
2 cups water
½ teaspoon dried thyme
1 teaspoon turmeric
1 teaspoon salt
½ teaspoon black pepper

Directions

Heat oil in a large soup pot over medium high heat.

Add onions, carrots and celery, and cook until vegetables are tender, about 5 minutes.

Add broth, water, peas, thyme, turmeric, salt and black pepper.

Bring to a boil, reduce heat to low, cover and simmer until peas are tender, about 80-90 minutes.

Note: Add water if you prefer a more “brothy” soup.



Nutrition Facts	
Split Pea Soup	
Amount per Serving	
Calories	338
	% Daily Value*
Fat 6g	9%
Saturated Fat 1g	6%
Sodium 432mg	19%
Potassium 904mg	26%
Carbohydrates 54g	18%
Fiber 22g	92%
Sugar 10g	11%
Protein 20g	40%
Vitamin A 375IU	75%
Vitamin C 5mg	6%
Calcium 67mg	7%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	

Baked Salmon with Kale & Tomatoes

Serves 4

Ingredients

- ¼ cup olive oil
- ½ teaspoon kosher or sea salt
- ½ teaspoon dried basil
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- 1½ pounds salmon fillets, cut in 4 portions
- 4 cups kale, tightly packed, chopped
- 2 cups tomatoes, chopped
- Fresh lemon juice, optional

Directions

Preheat oven to 375 degrees.

Line a sheet pan with foil or parchment paper.

Combine spices and salt. Divide, half for seasoning fish, and half for kale and tomatoes.

Place kale on sheet pan, massage kale with olive oil and half of seasonings for one minute and toss with tomatoes. This tenderizes the kale.

Spread kale and tomatoes evenly on pan; place salmon in center of pan.

Bake 10 minutes, or until salmon reaches an internal temperature of 145 degrees.

Serve over brown rice, quinoa or other whole grain.

Optional: Squeeze fresh lemon juice on salmon and vegetables before serving.



Nutrition Facts	
Baked Salmon with Kale and Tomatoes	
Amount per Serving	
Calories	408
	% Daily Value*
Fat 25g	38%
Saturated Fat 4g	25%
Cholesterol 94mg	31%
Sodium 395mg	17%
Potassium 1346mg	38%
Carbohydrates 9g	3%
Fiber 1g	4%
Sugar 2g	2%
Protein 37g	74%
Vitamin A 7392IU	148%
Vitamin C 91mg	110%
Calcium 132mg	13%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.

Beef and Okra in Tomato Sauce

Serves 4

Ingredients

1½ pounds chuck roast, (or top or bottom round),
cut in bite-sized pieces

½ teaspoon salt

½ teaspoon black pepper

2 tablespoons olive oil

1 cup yellow onion, diced

2 tablespoons garlic, minced

1 pound raw okra

½ cup green bell pepper, diced

3 tablespoons tomato paste

3 tablespoons lemon juice

1½ cups water

½ teaspoon dried thyme

1 cup raw brown rice, cooked per package directions
(optional)

Directions

Season beef with salt and pepper.

In a large heavy-bottomed skillet, heat olive oil on medium heat.

Add beef and brown, stirring occasionally,
about 3-4 minutes.

While beef is browning, rinse okra and cut into ½-inch
chunks.

Add onions and garlic and sauté until the onions are
translucent, about 2-3 minutes.

Add green peppers; sauté for 2-3 minutes.

Add tomato paste, lemon juice, water, thyme; stir until
tomato paste is incorporated.

Stir in okra.

Continue simmering on low heat until beef is tender,
about 40 minutes.

Serve hot with brown rice, as desired.



Nutrition Facts

Garlic, Liver and Onions on Toast

Amount per Serving
Calories 352

% Daily Value*

Fat 15g 23%

Saturated Fat 8g 50%

Trans Fat 1g

Cholesterol 333mg 111%

Sodium 369mg 16%

Potassium 591mg 17%

Carbohydrates 24g 8%

Fiber 3g 13%

Sugar 6g 7%

Protein 30g 60%

Vitamin A 19501IU 390%

Vitamin C 6mg 7%

Calcium 128mg 13%

Iron 7mg 39%

* Percent Daily Values are based on a
2000 calorie diet.

Braised Cabbage with Chicken & Apples

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1½ cups red onions, thinly sliced
- 1½ pounds boneless, skinless chicken breast, diced
- 2 tablespoons low-sodium soy sauce
- 1 large apple, about 1½-2 cups, cored and diced
- 2 tablespoons garlic, minced
- 6 cups red cabbage, about ½ large head, shredded
- 2 teaspoons apple cider vinegar
- 1 cup water

Note: Buy shredded cabbage for convenience.

Directions

Heat a large soup pot on medium heat.

Add oil, onions, chicken and soy sauce; cook for 3-4 minutes, stirring occasionally.

Add apples, garlic, cabbage, vinegar and water and mix well.

Cover and simmer, stirring occasionally, until chicken is tender, about 40 minutes.



Nutrition Facts	
Braised Cabbage with Chicken and Apples	
Amount per Serving	
Calories	356
	% Daily Value*
Fat 12g	18%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 109mg	36%
Sodium 507mg	22%
Potassium 1122mg	32%
Carbohydrates 24g	8%
Fiber 5g	21%
Sugar 13g	14%
Protein 39g	78%
Vitamin A 1567IU	31%
Vitamin C 86mg	104%
Calcium 96mg	10%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Cumin Lime Beans & Quinoa

Serves 4

Ingredients

- ¼ cup olive oil
- 2 tablespoon garlic, minced
- 1 cup yellow onion, diced
- 1 jalapeño pepper, minced, (about 2 tablespoons)
- 1 tablespoon cumin
- 2 teaspoons smoked paprika
- 2 14.5-ounce cans kidney beans, rinsed and drained
- 2 cups water
- ½ teaspoon kosher salt
- 1 tablespoon lime juice
- 1 cup dry quinoa, cooked per package directions

Directions

In a medium saucepan, heat oil on medium heat.

Add garlic, onion, jalapeño, cumin and paprika; cook for 5-7 minutes, stirring occasionally.

Add beans, water and salt.

Heat to a simmer, cover and cook for 35-45 minutes to enhance the flavor.

Stir in lime juice.

Serve on top of quinoa.



Nutrition Facts	
Cumin-Lime Beans & Quinoa	
Amount per Serving	
Calories	403
	% Daily Value*
Fat 17g	26%
Saturated Fat 2g	13%
Sodium 604mg	26%
Potassium 681mg	19%
Carbohydrates 51g	17%
Fiber 11g	46%
Sugar 4g	4%
Protein 13g	26%
Vitamin A 558IU	11%
Vitamin C 11mg	13%
Calcium 91mg	9%
Iron 5mg	28%
* Percent Daily Values are based on a 2000 calorie diet.	

Oven-Baked Lentils with Mozzarella

Serves 8

Ingredients

2¼ cups water

1¾ cups dry green lentils, rinsed

1 cup yellow onion, chopped

1½ cups carrots, thinly sliced

1 teaspoon garlic powder

¾ teaspoon salt

¼ teaspoon black pepper

1 14.5-ounce can low-sodium diced tomatoes

½ cup green pepper, or any color, finely chopped

½ teaspoon dried parsley

1 cup mozzarella cheese, shredded

Optional: 2 cups chicken breast, cooked, diced



Directions

Preheat oven at 350 degrees.

In a 13x9x2-inch baking dish, combine all ingredients except cheese.

Cover with foil and bake for 80-90 minutes, or until lentils are tender.

Stir, and top with the cheese.

Bake, uncovered, until cheese melts, about 3-5 minutes.

Nutrition Facts	
Oven-Baked Lentils with Mozzarella	
Amount per Serving	
Calories	221
	% Daily Value*
Fat 4g	6%
Saturated Fat 2g	13%
Cholesterol 11mg	4%
Sodium 335mg	15%
Potassium 643mg	18%
Carbohydrates 33g	11%
Fiber 15g	63%
Sugar 5g	6%
Protein 15g	30%
Vitamin A 4220IU	84%
Vitamin C 17mg	21%
Calcium 127mg	13%
Iron 4mg	22%

* Percent Daily Values are based on a 2000 calorie diet.

Paprika Liver & Tomatoes

Serves 4

Ingredients

- 1 cup raw brown rice, cooked per package directions
- ¼ cup olive oil
- 1 tablespoons garlic, minced
- 1 large yellow onion, chopped
- 1 pound liver, soaked in 1 cup milk for at least 30 minutes, drained, chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup tomatoes, diced
- ½ teaspoon paprika
- 1 tablespoon lemon juice
- Parsley for garnish (optional)

Directions

Soak liver in milk for at least 30 minutes to lessen rich “gamey” flavor. Drain thoroughly.

Chop liver in very small pieces so it absorbs more of the tomato and onion flavor.

In a large frying pan, heat oil on medium heat. Add onions.

Cook until onions are tender and lightly browned, about 2-3 minutes.

Add liver, season with salt, black pepper and paprika; cook, stirring periodically, until it changes color, about 2 minutes.

Add tomatoes and lemon juice and stir.

Reduce heat to medium low.

Cover and cook until tomatoes are heated through, about 1 minute.

Serve liver on top of cooked rice.



Nutrition Facts

Paprika Liver & Tomatoes

Amount per Serving	
Calories	463
% Daily Value*	
Fat 19g	29%
Saturated Fat 4g	25%
Trans Fat 1g	
Cholesterol 312mg	104%
Sodium 228mg	10%
Potassium 582mg	17%
Carbohydrates 45g	15%
Fiber 2g	8%
Sugar 2g	2%
Protein 27g	54%

Vitamin A 19338IU	387%
Vitamin C 9mg	11%
Calcium 34mg	3%
Iron 7mg	39%

* Percent Daily Values are based on a 2000 calorie diet.

Sheet Pan Chicken with Roasted Vegetables

Serves 4

Ingredients

- 1 teaspoon cumin
- ½ teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 pound frozen cauliflower florets
- ½ teaspoon kosher salt
- 2 tablespoons olive oil
- 1 cup carrots, peeled, sliced
- 1 15-ounce can fire-roasted diced tomatoes
- 1½ pounds raw boneless, skinless chicken breast, diced

Directions

Preheat oven to 400 degrees. Line a sheet pan with foil or parchment paper.

Combine spices and salt together.

Place cauliflower, carrots, and tomatoes on sheet pan and toss with olive oil and half of the spices; spread mixture evenly.

Bake until vegetables are slightly brown, about 10 minutes, and remove from oven.

Add chicken and remaining spices and mix well, spreading mixture evenly on sheet pan.

Cook until chicken is lightly browned, firm to the touch, and reaches an internal temperature of 165 degrees, about 10 minutes.

Allow to rest at least 3 minutes after removing from oven.



Nutrition Facts	
Sheet Pan Chicken with Roasted Vegetables	
Amount per Serving	
Calories	328
	% Daily Value*
Fat 12g	18%
Saturated Fat 2g	13%
Trans Fat 1g	
Cholesterol 109mg	36%
Sodium 720mg	31%
Potassium 1092mg	31%
Carbohydrates 15g	5%
Fiber 4g	17%
Sugar 6g	7%
Protein 40g	80%
Vitamin A 5861IU	117%
Vitamin C 61mg	74%
Calcium 88mg	9%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Spiced Beef with Green Beans & Brown Rice

Serves 4

Ingredients

1 cup raw brown rice, cooked per package directions
1½ pounds beef chuck roast, trimmed and cut in bite-sized cubes
2 tablespoons olive oil
2 teaspoons cumin
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon coriander
1 15-ounce can low-sodium diced tomatoes
½ cup water
1 pound frozen green beans
2 tablespoons olive oil
⅓ teaspoon salt
½ teaspoon garlic powder
½ teaspoon onion powder

Directions

Heat oil in a Dutch oven or large, deep skillet on medium-high heat.

Add beef to the pan, sprinkle with salt and all other spices, and stir.

Cook beef until browned, stirring periodically, about 3-5 minutes.

Add tomatoes and water. Cover and lower heat to a simmer.

Cook until beef is fork-tender, about 60-70 minutes.

While beef is cooking, preheat oven to 400 degrees. Line a sheet pan with parchment or foil.

Place frozen green beans, with oil, salt, garlic powder and onion powder on pan, mix thoroughly and spread evenly.

Bake on top oven rack until lightly browned and tender, about 15-20 minutes.

Serve beef with green beans and rice.

Note: This recipe can be made in advance and reheated.



Nutrition Facts

Spiced Beef with Green Beans and Brown Rice

Amount per Serving
Calories 665

	% Daily Value*
Fat 35g	54%
Saturated Fat 11g	69%
Trans Fat 1g	
Cholesterol 117mg	39%
Sodium 525mg	23%
Potassium 1179mg	34%
Carbohydrates 50g	17%
Fiber 6g	25%
Sugar 6g	7%
Protein 40g	80%
Vitamin A 951IU	19%
Vitamin C 25mg	30%
Calcium 135mg	14%
Iron 7mg	39%

* Percent Daily Values are based on a 2000 calorie diet.

Tangy Shrimp with Broccoli

Serves 4

Ingredients:

1½ pounds 16-20 count shrimp, peeled, tail on, thawed if previously frozen

3 tablespoons olive oil

1 pound frozen broccoli florets, about 6 cups

1 teaspoon garlic powder

1 teaspoon ground ginger

½ cup green onion, sliced (Include green and white parts)

1 tablespoon lime juice

½ teaspoon kosher salt

1 cup brown rice or quinoa, cooked per package directions (optional)

Directions:

Heat oil in a large skillet on medium-high heat.

Add broccoli, garlic, ginger and salt; cook 2-3 minutes.

Add shrimp; cook until shrimp turns pink, about 2-3 minutes, stirring periodically.

Stir in green onions, lime juice and salt; remove from heat.



Nutrition Facts	
Tangy Shrimp with Broccoli	
Amount per Serving	
Calories	480
	% Daily Value*
Fat 13g	20%
Saturated Fat 2g	13%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 322mg	107%
Sodium 521mg	23%
Potassium 540mg	15%
Carbohydrates 46g	15%
Fiber 5g	21%
Sugar 2g	2%
Protein 47g	94%
Vitamin A 833IU	17%
Vitamin C 105mg	127%
Calcium 80mg	8%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	

Zesty White Fish Stew

Serves 4

Ingredients

3 tablespoons olive oil
2 cups yellow onion, diced
1 large red bell pepper, (1½ cups), diced
1 tablespoon garlic, minced
2 teaspoons paprika
2 teaspoons cumin
2 teaspoons coriander
½ teaspoon salt
½ teaspoon black pepper
1½ pounds tilapia fillets, cut in chunks
1 14.5-ounce can low-sodium diced tomatoes
1 14.5-ounce can coconut milk
3 tablespoons lime juice
¼ cup cilantro, chopped (optional)

Directions

Heat olive oil in a Dutch oven or large pot over medium heat, add onions and bell peppers and cook until onions are aromatic and start to become tender, about 2-4 minutes.

Add garlic, paprika, cumin, coriander, salt and black pepper; stir.

Reduce heat to low and add tilapia, diced tomatoes and coconut milk; stir.

Cover and simmer for 15 minutes, stirring occasionally.

Add lime juice and cilantro, stir and simmer for another 5 minutes, or until fish is cooked through.



Nutrition Facts	
Zesty White Fish Stew	
Amount per Serving	
Calories	582
	% Daily Value*
Fat 40g	62%
Saturated Fat 26g	163%
Cholesterol 83mg	28%
Sodium 416mg	18%
Potassium 728mg	21%
Carbohydrates 22g	7%
Fiber 6g	25%
Sugar 11g	12%
Protein 39g	78%
Vitamin A 1229IU	25%
Vitamin C 65mg	79%
Calcium 89mg	9%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	



**DO SOMETHING
TODAY
FOR YOUR FUTURE
SELF
THANK YOU FOR.**

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Kitchen Essentials for Nourishing Your Family



To take control of your life and start nourishing instead of just feeding yourself and your family, you will need to minimize the use of processed foods and start using “real” food. Most packaged foods are simply “heat and eat” and are chockful of texturizers and preservatives to make them quick-cooking and enhance their shelf life. As you start to nourish with real food, you will need to learn how to cook. This is not as scary as it may sound. By keeping things simple, you can produce great tasting, nourishing meals that you and your family will love.

Start by Stocking the Basics

Easy meal preparation starts with having the right knives, pots and pans and utensils in your kitchen and the right staples and spices in your pantry. You will probably already have many of the items we recommend, so take this list to your kitchen and determine which items you need to make your cooking

life easier. Later, as you develop more confidence in the kitchen, you will want to try more complicated recipes that will require you to have additional equipment and staples. Some of these items are on the “Nice to Have” and “Extras” lists. Unlike baking, which requires you to follow a recipe precisely to achieve the proper taste and texture of the finished product, cooking can be much more free-form. Be an artist and keep trying new combinations of veggies, spices and preparation methods (for example, roasting vs. steaming vs. raw in salads) to find the combinations your family really likes. When they start to get tired of a recipe, modify the recipe a bit. Once you gain some confidence in the kitchen, cooking really becomes fun.

The Right “Ingredients” Make Cooking Fun & Easy

Kitchen Equipment

- Knives
- Pots & Pans
- Small Appliances
- Utensils
- Storage containers

Food Staples

- Pantry
- Refrigerator/Freezer
- Spice Rack

Additional Information: Kitchen Essentials

Basic Kitchen Equipment			
Knives, Pots & Pans, Appliances		Utensils	
Knives 8-inch chef's knife Serrated knife Paring or utility knife Honing steel	Pots & Pans 5- or 6-quart stock pot 1-quart sauce pan 9- or 10-inch skillet 12-inch skillet 1 or 2 sheet pans with 1-inch sides	Essential Utensils Can opener Colander Cooling rack Cutting board for produce and cooked food Cutting board for raw meats/fish Grater Kitchen scissors Ladle, 6-ounce Measuring cups, spoons Mixing spoons, bowls Rubber spatula Slotted spoon Strainer/sieve Thermometer Tongs Vegetable peeler Wire whisk Serving fork, large	"Nice to Have" Utensils 2-quart sauce pan Boning knife Fish spatula (long and wide) Food processor Food scale Grinder for spices Knife sharpener Microplane® grater or zester Mixer (stand or hand) Salad spinner Steamer insert
Small Appliances Toaster Blender (stand or stick) Slow cooker or multicooker			
Food and Spice Basics			
Pantry & Refrigerator		Herbs & Spices	
Apple cider vinegar Balsamic vinegar Black beans, canned, low-sodium Broth, vegetable or chicken—low-sodium, no added ingredients Brown rice Butter (store in freezer) Diced canned tomatoes Eggs Extra virgin olive oil Honey Ketchup Kidney beans, canned, low-sodium	Lemon juice Lime juice Maple syrup (real) Mayonnaise Garlic, minced, in jar with olive oil or dried granulated Mustard, Dijon or yellow Nut butter Olive oil Onions, yellow Quinoa Rolled oats Sriracha or Tabasco sauce Sweet potatoes Whole grain pasta	Basil Bay Leaf Cayenne pepper, ground or flakes Chili powder Cinnamon Cumin Curry Dill Garlic, powdered or granulated Ginger Italian spice blend Onion, powder or flakes Oregano Paprika	Parsley Rosemary Sage Thyme Turmeric Vanilla extract Extras Almond extract Fresh herbs, as needed Frozen berries (for smoothies) Ginger, fresh (store in freezer) Lemons, fresh Limes, fresh Tomato salsa



Tips on Buying Herbs and Spices

Many recipes call for fresh herbs, but these can be expensive and they may spoil before you can use them. It is better to have longer-lasting dried herbs in your spice rack. When a recipe calls for fresh herbs, in most cases (except for fresh salads), you can substitute one-third as many dried herbs. Properly stored dried spices (in an airtight container, away from heat and light) begin to lose their flavor after about six months, so start by buying small quantities until you figure out how quickly you use them.

Conclusion

Having the right equipment in your kitchen and having basic ingredients in your pantry and refrigerator makes cooking much easier. You will be able to throw together many simple recipes by just buying the unique protein and vegetable ingredients listed in the recipe. Remember that cooking is an art so keep trying new ingredients and new ways to prepare recipes. Before long, you will find yourself looking forward to getting into the kitchen and making great tasting meals!

How to Plan Your Menu

How often do you ask yourself on the way home from work, “I wonder what to make for dinner tonight?” You are not alone. Twenty-five percent of us buy at least one ingredient for the evening meal on the way home and fast food or take-out is another frequent solution. It is no wonder we are merely eating, rather than nourishing, ourselves and our families! We see the effects of this on our health and our quality of life. When it comes to meal-planning, the famous adage “If you fail to plan, plan to fail” couldn’t be truer. So, what are the steps to putting together a good menu plan?

List Your Food Requirements

The best plan is one that you will use, so customize your plan by listing each meal you and your family eat during each time frame, as shown below. Meals include breakfast, lunch, snacks and dinner and time frames include weekdays, after school, weekends and special events. Be as specific as possible; add the unique meals and time frames your family deals with, including children’s activities, regular activities for you and your spouse and special events, as needed.

Breakfast For my spouse and me during the week

For the children during the week

For our family on weekends

Lunch For my spouse and me during the week

For the children if they are not eating a school lunch

For our family on weekends



Snacks For my spouse and me at work during the week

For the children when they come home from school

For the children if they are in activities or sports

For our family on weekends

Dinner For our family during the week

For the children if they have after school or evening activities

For our family on weekends

Tips on Menu Planning

- To succeed, you need a plan
- Most of the work is in setting up your system
- Have a plan for each meal and time frame
- Prepare main ingredients ahead of time
- Cook in bulk

Special Events For any member of my family if they have regular activities such as weekly golf game or tennis match or a morning stop at the gym, dance practice or sporting events.

For each of these situations that require food, you need to ask:

- Will I have time to prepare food? **OR**
- Will I need to make food in advance?

What Macro Ingredients Should Each Meal Contain?

Except for snacks, which may only have a few quality ingredients, every meal should include lean protein, slow carbohydrates and healthy fats. You should minimize or eliminate added sugar, bad fats, fast carbohydrates and added chemicals.

Tips for Success

Create a Weekly Meal Plan

Planning is essential for successful week-night home cooked meals. Over the weekend, consider the activities you have scheduled for the coming week, and plan for each day. Quick and simple meals are best for busy nights. If not all family members will be eating together, you'll need a meal that can stay hot or be rewarmed to serve when needed. Save complicated recipes for evenings when you have more time.

Assign Each Day of the Week a Theme

Create an outline that stays consistent from week to week. For example, meatless Mondays, taco Tuesdays, chicken Wednesdays and fish Fridays. Collect recipes that fit these themes and rotate through them. With this method, you avoid repeating the same recipes each week, but don't have to start from scratch every time you put together a new week's plan.

Prepare Main Ingredients or Entire Meals Ahead of Time

Veggies, such as onions, peppers, carrots and other favorites, can be prepped ahead of time for use in roasts and sautés. Pre-cook beans and grains, like rice and quinoa, and freeze them in meal-sized portions. Meats, soups, stews and slow cooker meals all freeze well and are easily thawed for quick meals. Pull items out of the freezer the night before you intend to serve them and thaw thoroughly in the fridge during the day so they are ready to use for dinner.

Store Salad Fixings In the Fridge

Salads are a quick and easy way to get vegetables onto your plate. Rinse, spin and store greens such as spinach, romaine and arugula with a salad spinner so they are ready to go. Top off the greens with cut-up raw vegetables you prepared ahead. These crudité's can also be used to accompany lunches or as crunchy midday snacks.

Cook in Bulk and Transform Leftovers

One of the best ways to get healthy meals on the table quickly is to cook in large batches and use the leftovers in new ways.

Pot Roast Four Ways

Here are several examples for inventing interesting meals from a pot roast:

- Portion meat into pita pockets with chopped romaine, a sprinkle of cheddar cheese, chopped tomatoes and a dash of hot sauce.
- Make burritos with avocados and jalapeños.
- Serve with scrambled eggs or in an omelet for breakfast.
- Season with crushed red pepper flakes serve with a side of warm cornbread.



Additional Thoughts

Purchase the right containers so you can store and freeze foods in meal-sized or individual quantities. Portion foods for grab-and-go convenience. Your refrigerator and freezer are your friends.

- Breakfast is usually the toughest meal because everyone is in a hurry. Have ingredients on hand that can be assembled in two to three minutes or pre-cook foods that only need to be heated.
- Pre-cut fruits and vegetables.
- Freeze cooked chicken, pork, shrimp or lean hamburgers so you can defrost it and heat them as part of your evenings meal.
- Set aside time on a weeknight or the weekend to prepare as much food as you can for the upcoming week. If possible, try to make it a family event. Learn to cook once and serve that food two, three or four times in different combinations.
- Buy some cookbooks with simple, quick and delicious recipes.
- Join a meal-planning website.

Conclusion

Menu planning is one of the most important things you can do to keep your sanity while nourishing your family. During the first few months, this will take some work, but as you fine-tune your plan, accumulate some good recipes and acquire the right accessories, you will quickly fall into a schedule that is easy to maintain and gives your family the nourishment that provides them with an improved quality of life.



Kitchen and Food Sanitation and Safety

Preparing food at home involves taking steps to ensure both a safe cooking environment and proper food preparation to prevent injuries to both the cook and the family and to minimize the risk that the foods you serve will make people sick. Following are highlights of kitchen and food safety practices from the FoodSafety.gov website of the US Department of Health and Human Services.

Essentials for a Safe Kitchen

Common-sense kitchen safety focuses on five areas where injuries are most likely to occur.

Knives and sharp tools should be properly maintained and used with their safety guards. Sharp knives are less likely to slip and cut someone than dull knives—ask any experienced chef!

Guard against burns at the stove by keeping pan handles turned in and hot liquids out of reach on back burners, away from curious children. Make sure to use hot pads and oven mitts around hot pans and lids, both in the oven and on the stovetop.

Teach your children to be safe around knives and kitchen tools, hot objects around the stove and appliances such as the microwave, coffee maker, etc. Make sure knives and sharp tools are stored and used out of reach of younger children and pan handles are turned toward the back of the stove—away from curious little fingers!

Clean up spills and put away ingredients promptly. This lessens the chance of slip-and-fall accidents and of cuts and burns that happen more easily when work surfaces are messy and overcrowded. Your cooking will be more efficient and there will be less cleanup at the end of the meal.

Keep small appliances away from water. Make sure that coffee makers, crock pots, toasters and other small appliances are not too close to the sink. Ensure they are unplugged before washing and follow manufacturer cleaning instructions carefully.

Five Components of a Safe Kitchen Environment

- Knives and sharp tools
- Stove safety
- Keeping children safe
- Clean as you go to prevent accidents
- Keep small appliances away from water



Food Safety: Preventing Food-Borne Illnesses

Food-borne illnesses affect about 48 million Americans every year. That means about 1 in 6 of us get very sick from something we ate. Poor hygiene, undercooked foods and improper food storage are the main sources of food poisoning. Take these four steps during the cooking process to help ensure your food is safe to eat: clean, separate, cook and chill food properly.

CLEAN: Wash hands, utensils and surfaces often. Wash hands thoroughly after using the restroom, before preparing food and before eating. There are also specific rules for various types of foods.

Protein Foods

- Wash your hands between tasks that involve raw vs. cooked proteins.
- Do NOT wash raw meat and poultry. It doesn't remove surface bacteria but does spread it around the kitchen.

Fruits and Vegetables

- Wash produce and remove skins and peels before preparing to remove surface dirt and bacteria.
- Wash utensils and surfaces to prevent residual contamination from food scraps.

Flour and Eggs

- Do not lick beaters, spoons and bowls used to prepare batters that contain raw eggs and flour. These ingredients require cooking.



SEPARATE: Use separate cutting boards, platters and utensils for vegetables and fruits vs. raw proteins vs. cooked proteins (meat, poultry, seafood, eggs).

- Store well-wrapped proteins on the lowest refrigerator shelf so their juices do not drip and contaminate other foods on shelves below them.
- Do not re-use platters and utensils used for raw meat and fish. Take a clean platter and utensils when serving cooked proteins and vegetables.
- Do not serve sauces and marinades from raw meats on cooked foods unless they are heated to boiling.

FoodSafety.gov

Safe Minimum Cooking Temperatures Chart

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

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COOK: Heat foods to the proper temperature, per the USDA.

- Use a food thermometer in the thickest part of the meat to check the temperature. For proteins, reaching the proper temperature may involve a “resting period” after removing from the heat source. See the chart in the sidebar for more details.
- Maintain hot foods at 140 degrees if they will not be served immediately.
- Microwave ovens: heat foods to 165 degrees. Stir to ensure even heating.

CHILL: Store leftovers promptly, at the proper temperature.

Bacteria in food grows fastest at temperatures between 40 and 140 degrees. If storing for prolonged periods, freezing is preferable to refrigeration. Some cooked foods do not freeze well. See our article on food storage tips for more information.

- Set your refrigerator temperature to 40 degrees or lower and your freezer temperature to 0 degrees or below.
- Cool, package and store leftover food within 2 hours. Do this within 1 hour if the temperature is 90 degrees or higher (in a hot car or at a picnic). Never thaw or marinate food on the kitchen counter. Store it in the refrigerator.
- Separate leftovers into shallow, small portions to ensure quick cooling.
- Freezing does not kill bacteria in food, but it stops it from growing. If storing food in the refrigerator, refer to the Safe Storage Times chart in the sidebar.
- General length of time for safe storage: leftovers 4 days, raw meat and poultry 1-2 days.

Conclusion

Kitchen and food safety involves a few simple principles. Mastering these rules will lead to a safe, productive and enjoyable environment for all who cook and share meals prepared in your kitchen.



Batch Cooking Simplifies Meal Preparation

Batch cooking is an easy, time-saving way to ensure your family has tasty, nourishing food readily available: cook once, eat several times. For this reason, you should include batch cooking recipes in your menus when you do your weekly meal planning. You will have more food available for the week and you will save time, because you will be cleaning up after preparing fewer meals. Many of the recipes in this cookbook are excellent for batch cooking. These recipes include tips for make-ahead preparation and storage that will help ensure optimal flavor. You will find these time-saving recipes in every section of the book.

But I Hate Leftovers!

Some people reject the concept of batch cooking, claiming they or their family members do not like to eat “leftovers”. However, several meals in this book, such as chicken chili, really do taste better the next day, after

the flavors have blended. Our recipes also suggest ways to prepare in advance some of the more time-consuming ingredients, such as brown rice and ground meat. That way, the final preparation can be done immediately before putting the meal on the table and it’s not “leftovers”. Bags of pre-cooked frozen shrimp can be quickly defrosted and sautéed with prechopped veggies for a quick stir fry. Chicken breasts, pork chops and hamburgers can be cooked ahead of time (slightly undercooked) and frozen so they are “heat-and-eat” ready.

Fish is Best When Freshly Cooked

Except for foods like tuna salad and frozen shrimp, most fish and shellfish is much tastier and the texture is better when eaten just after it is cooked. We recommend that you prep other components of a fish recipe ahead of time but prepare the fish itself just before it is served. Fish can be refrigerated and enjoyed the next day after very gentle reheating.

Essentials of Food Storage

Proper food storage is the key to food safety (avoiding food-borne illness), reduction of food waste, and optimal food quality. This is true for both raw ingredients and cooked foods. Did you know the average American family throws out about \$1,500 of food each year, due to either spoilage or concerns about quality? Proper food storage involves three criteria: the length of time food is stored, storage temperature, and proper packaging. Proper cooking temperature is the other key factor, which is discussed in our Kitchen Sanitation and Food Safety article.

Proper Storage Temperature and Humidity

Foods spoil in the danger zone between 40° and 140°F, so refrigerator temperature should be maintained at less than 40°F. Freezers should keep food at around 0°F. This will extend the shelf life and quality of foods stored in them. Raw food should be promptly stored when brought home and cooked foods should be cooled in small batches to quickly reach temperatures low enough so they can be placed in the refrigerator or freezer. Placing hot food in a fridge or freezer significantly increases the temperature inside the appliance, which can negatively affect foods already in storage. Foods do not spoil in the freezer, but spoilage resumes once they are thawed. Appropriate humidity is important for pantry and refrigerator storage, which will be addressed below.



What Kind of Storage Containers Are Best?

Should I use glass? Plastic? The simple answer is to use what you have and invest in an upgrade if/when you know better what you need and have the time and money to shop. Use containers that can be tightly sealed when necessary and that make the best use of your space. This may mean clear, square plastic containers for raw ingredients so they fit onto shelves where round containers would waste space. If you are storing leftovers, plastics are safer in the freezer and they minimize weight when transporting them for lunch at the office. However, but some plastics have been shown to leach chemicals to food when heated, so many people carry plastic containers to work and then heat the food on a plate. Upgrading your storage containers can be done in baby steps!



Raw Ingredient Storage

The key to purchasing food is to buy what you need and can use before it spoils. This may mean only purchasing what is needed for a recipe you are making tonight or it may involve bulk purchasing some ingredients for convenience and cost savings. See our Kitchen Essentials and How to Shop Smart articles for more details.

Planning saves time in the long run. Create a menu plan for the week, compile the corresponding shopping list, and repeat this weekly menu as part of a cycle menu. That way, you do the planning and compile the shopping list once and only need to replace menu items that are not seasonal or that didn't pass your family's "taste test". Refer to our How to Plan Your Menu article for more details.

When is bulk purchasing practical? Evaluate your grocery needs, grocery sources and your storage space. If you cook or bake in bulk or can share large purchases with another family and have access to economical sources of foods that have a long shelf life, it makes sense to purchase in larger quantities. This usually involves items that keep well without refrigeration (some grains, dry pasta, canned or jarred items) and items that can be frozen for longer periods of time.

Prepare raw ingredients for storage

How to best store your food purchases depends on what they are. They should be stored in appropriately sized containers at proper temperature and humidity to maximize shelf life. Package size is particularly important for frozen items so you can avoid thawing a larger quantity than you intend to use at one time.

- **Grains, dry pasta, cereals and other bulk ingredients** can be stored in a pantry cabinet but should be transferred to containers with tightly fitting lids to prevent insect contamination and exposure to air and excess humidity. If the item contains whole grain, it should be refrigerated or frozen so it doesn't become stale or rancid.
- **Dairy (milk, cheese, yogurt):** Store these items in the back of the fridge or at least in the interior. The door shelves are the warmest part of the refrigerator so dairy items will spoil quicker when stored there.



Tips for Storing Prepared Foods

- Package for ease of consumption
 - Use suitable containers for storage/portability
 - Cool foods quickly, in smaller portions as needed
 - Store at proper temperature for intended use (fridge vs. freezer)
- **Raw meat and seafood** should be used or frozen within 3-4 days of purchase. See *sidebar for details*. Store these items on the bottom shelf of the refrigerator to avoid contamination that can happen when their juices drip on items stored on shelves below them. If stored frozen, consider wrapping them in an additional layer of foil or plastic wrap to help prevent freezer burn. If you buy in bulk, divide them into meal-sized portions before freezing.
 - **Produce** usually keeps best when not washed until just prior to use, because washing introduces moisture that accelerates spoilage—especially for fragile items like berries and greens.
 - **Countertop**, away from heat and sunlight: tomatoes, bananas, avocados, melons. If they reach peak ripeness and can't be used immediately, transfer them to the fridge. Wrap stem ends of bananas in plastic wrap to slow their ripening.
 - **Pantry or basement root cellar:** potatoes, onions, garlic. Don't store potatoes and onions near each other—the ethylene gas onions emit accelerates potato spoilage—and spoilage of other vegetables if stored with onions in the same vegetable bin in the refrigerator.
 - **Refrigerator:** Leafy greens (wrap in paper towel and place in a plastic bag); leafy herbs (place stems in a jar in water, like cut flowers, with a plastic bag over the top); fruit, including apples; and high-moisture vegetables. Cut off the green tops on carrots, radishes, beets, etc. to extend life.
 - **Freezer:** Buy flash frozen fruit and vegetables such as peas, corn and green beans or, freeze large quantities of fresh items such as berries or stone fruit that cannot be used in 3-4 days. Wash, cut in chunks, lay on a sheet pan and freeze. Transfer to freezer bags and label for future use in cooking, baking and smoothies.



Storage of Prepared Foods

When preparing foods, lay out the needed ingredients and promptly store unused ingredients in their containers in temperature-controlled locations. Cook the foods to the proper temperature and serve promptly or hold at a temperature that will prevent bacteria growth. See the Kitchen and Food Safety article for more information.

Leftover food should not be left out for longer than two hours, one hour if it is above 90°F. Keep hot foods hot and cold foods cold: Temperatures between 40° and 140°F are the danger zone, when bacteria can quickly multiply and cause food spoilage.

Cool leftovers faster by separating them into smaller portions. Package them in serving sizes that will be useful for future meals: individual grab-and-go containers in the fridge for lunch, family-size portions for future meals in the freezer, etc.

Place frozen foods in the refrigerator to thaw overnight. Thawing on the countertop encourages bacteria growth and spoilage as the surface reaches room temperature while the interior is still frozen.

Buying raw ingredients and preparing food in bulk will make your meal preparation much more efficient and save you both time and money. A big key to success is to label and date both raw ingredients and prepared foods and keep an inventory to prevent overbuying and food waste. Before long, these steps will become habits that will serve you well for a lifetime of cooking enjoyment. Plus, you will be eating real food and avoiding the added sugars, bad fats and preservatives found in packaged foods. You will love the way you feel!

Cold Food Storage

Category	Food	Refrigerator (40°F or below)	Freezer (0°F or below)
Salad	Egg, chicken, ham, tuna & macaroni salads	3 to 4 days	Doesn't freeze well
Hot dogs	Opened package Unopened package	1 week 2 weeks	1 to 2 mos 1 to 2 mos
Luncheon meat	Open package or deli-sliced Unopened package	3 to 5 days 2 weeks	1 to 2 mos 1 to 2 mos
Bacon & sausage	Bacon Sausage-raw from chicken, turkey, pork beef Sausage-fully cooked	1 week 1 to 2 days 1 week	1 mo 1 to 2 mos 1 to 2 mos
Ground meats	Hamburger, ground beef, turkey chicken, pork, lamb, & mixtures	1 to 2 days	3 to 4 mos
Fresh beef, veal, lamb, and pork	Steaks Chops Roasts	3 to 5 days 3 to 5 days 3 to 5 days	4 to 12 mos 4 to 12 mos 4 to 12 mos
Ham	Fresh, uncured, uncooked Fresh, uncured, cooked Fully cooked, vacuum sealed unopened	3 to 5 days 3 to 4 days 2 weeks or "use by" date	6 mos 3 to 4 mos 1 to 2 mos
Fresh poultry	Chicken or turkey, whole Chicken or turkey, Pieces	1 to 2 days 1 to 2 days	1 year 9 mos
Eggs	Raw eggs in shell Hard-cooked Baked egg casseroles	3-5 weeks 1 week 3 to 4 days	12 mos only if out of shell, beaten Don't freeze 2 to 3 mos
Soups & stews	Vegetable or meat added	3 to 4 days	2 to 3 mos
Leftovers	Cooked meat or poultry Chicken nuggets or patties Pizza Cooked grains	3 to 4 days 3 to 4 days 3 to 4 days 3 to 4 days	2 to 6 mos 1 to 3 mos 1 to 2 mos 1 to 3 mos

<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

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