

WIC 50TH ANNIVERSARY EDITION

FARMERS' MARKET

COOKBOOK

24

NUTRIENT-RICH
RECIPES TO
NOURISH YOUR
BODY

CELEBRATING
 MARYLAND
50 YEARS

A Message from the Director of the Maryland WIC Program:

The national WIC Program was modeled on a program that started here in Maryland. A Johns Hopkins pediatrician, Dr. David Paige, noticed that children in his clinic were not getting enough nutrition, leading to stunted growth, iron deficiency, and slower learning in school. Dr. Paige came up with the idea of providing iron-fortified infant formula to children at his clinic in the Cherry Hill neighborhood of Baltimore. The results were so successful that his program soon expanded all across the state.

At the same time, the federal government was studying how to end childhood hunger across the nation. Congress eventually created a program modeled on the work of Dr. Paige, and in January 1974, the first WIC clinic opened in Pineville, Kentucky. At first, WIC only provided infant formula and a limited selection of foods, but over the years, benefits have expanded. New foods were added such as whole grains, yogurt, and fresh fruits and vegetables. Besides food, WIC participants now receive health screenings, nutrition education, and breastfeeding support. Today, almost half of all babies born in the United States are eligible to receive WIC.

Since WIC was launched 50 years ago, Maryland has been at the forefront of new policies and innovations. WIC started out with home delivery of WIC foods, then went to issuing benefits on paper checks redeemed at grocery stores, and eventually to benefits on an eWIC card. In 2017, Maryland completed EBT implementation and was one of the first states to develop a smartphone app for WIC participants.

Service to Maryland families enrolled in the WIC Program is made possible by the many dedicated staff in our clinics who are the backbone of the program. We are proud of the work we do at WIC, and we're always working to make the program work better for the over 180,000 Marylanders we serve every year. It has been our pleasure to serve you and your little ones, and we hope you have a wonderful and delicious Farmers' Market season.

Jennifer Wilson



Director
 Maryland WIC Program



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FARMERS' MARKET
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NUTRIENT INFORMATION

CALCIUM

Your bones are mostly made of calcium, so you need to eat plenty of calcium to keep your bones strong and healthy. Calcium also helps to keep your heart pumping regularly.

FOOD SOURCES:

Good sources of calcium are dairy products like yogurt, milk, and cheese. You can also get calcium from soy milk, tofu, collard greens, spinach, turnip greens, kale, canned salmon, broccoli, and lentils.

IODINE

A fetus and an infant both need iodine for proper growth and brain development, which is why women need extra iodine during and after pregnancy. Iodine also keeps your metabolism running smoothly.

FOOD SOURCES:

Good sources of iodine are cod, pollock, tuna, shrimp, yogurt, milk, cheese, and eggs.

IRON

When your red blood cells carry oxygen from your lungs to the rest of your body, they use iron to do it. When you don't have enough iron, you can get tired very easily.

FOOD SOURCES:

Iron from food comes in two forms: heme and non-heme. Heme iron is found only in meat, poultry, and seafood. Non-heme iron is found in plant foods like whole grains, legumes, leafy greens, and tofu. When eating foods with non-heme iron, it is helpful to also eat foods with lots of Vitamin C.

MAGNESIUM

Magnesium helps your muscles, heart, and nerves run smoothly. It also helps to keep your bones healthy.

FOOD SOURCES:

Good sources of magnesium are pumpkin seeds, spinach, dark chocolate, black beans, soy milk, peanut butter, and corn.

POTASSIUM

Potassium helps your muscles work well, and it relaxes your blood vessels which lowers your blood pressure. Since your heart is a muscle, potassium is important for heart health.

FOOD SOURCES:

Good sources of potassium include beet greens, lima beans, swiss chard, potatoes, yams, spinach, tomatoes or tomato juice, kiwis, orange juice, bananas, apricots, cantaloupes, and honeydews.

ZINC

Zinc is important for the development of the immune system and for healthy cell growth. Not getting enough zinc can also reduce your ability to taste and smell.

FOOD SOURCES:

Foods that are high in zinc include meat, poultry, seafood, legumes, nuts, seeds, dairy products, eggs, whole grains, and certain vegetables like kale.

VITAMIN A

Vitamin A won't give you superpowers or night vision, but it does support good eye health. It also helps make white blood cells, which are an important part of your immune system.

FOOD SOURCES:

Good sources of vitamin A are leafy vegetables, orange and yellow vegetables (like carrots, sweet potatoes, and pumpkin), tomatoes, bell peppers, fatty fish, milk, and cheese.

VITAMIN B6 (PYRIDOXINE)

Vitamin B6 or pyridoxine helps with a lot of functions in the body such as your immune system and your brain. It also helps to reduce morning sickness during pregnancy (but if you're planning to take Vitamin B6 supplements during pregnancy, consult your doctor first).

FOOD SOURCES:

Good sources of vitamin B6 are dark-green leafy vegetables, tuna, salmon, poultry, chickpeas, bananas, potatoes, and fortified cereals.

VITAMIN B9 (FOLATE)

Getting enough folate can prevent birth defects like spina bifida and anencephaly. For folate to be effective, it must be taken just a few weeks after conception, which is why you should take folic acid supplements if you may become pregnant.

FOOD SOURCES:

Good sources of folate are dark-green leafy vegetables, beets, broccoli, beans, brussel sprouts, avocados, peanuts, eggs, corn, and oats.

VITAMIN B12 (COBALAMIN)

Vitamin B12 or cobalamin is a key part of brain and nerve development. It's also needed to form red blood cells and DNA.

FOOD SOURCES:

Good sources of vitamin B12 are meat, poultry, clams, cheese, eggs, dairy, and fortified cereals.

VITAMIN C

Vitamin C (also called ascorbic acid) helps to protect cells and keep them healthy. It also helps maintain healthy skin, blood vessels, bones, and cartilage, as well as helping with wound healing. Eating vitamin C will also help your body to absorb iron from vegetables.

FOOD SOURCES:

Good sources of vitamin C are citrus fruits like oranges and grapefruit, kiwi, fresh parsley, bell pepper, strawberries, tomatoes, and cruciferous vegetables like broccoli, Brussels sprouts, cabbage, and cauliflower.

VITAMIN D

Vitamin D helps to build and maintain strong bones and muscles. Your body can only absorb calcium when there is also vitamin D.

FOOD SOURCES:

Vitamin D isn't naturally found in many foods, but you can get it from salmon, canned tuna, fortified milk or soy milk, and mushrooms.

WHAT IS IN SEASON?

A month-by-month guide to buying the freshest fruits and vegetables at your farmers' market

MAY

Asparagus, Broccoli, Cauliflower, Cucumbers, Green Beans, Green Peas, Greens, Lettuces, Mushrooms, Onions, Radishes, Strawberries, Tomatoes, Turnips

JUNE

Apricots, Asparagus, Blueberries, Broccoli, Cabbage, Cauliflower, Cherries, Corn, Cucumbers, Green Beans, Green Peas, Lettuces, Mushrooms, Onions, Potatoes, Radishes, Raspberries, Strawberries, Summer Squash, Tomatoes, Turnips

JULY

Apricots, Beets, Blackberries, Black-eyed Peas, Blueberries, Carrots, Cherries, Corn, Cucumbers, Eggplant, Green Beans, Green Peas, Greens, Lettuces, Lima Beans, Melons, Mushrooms, Nectarines, Okra, Onions, Peaches, Peppers, Plums, Potatoes, Raspberries, Summer Squash, Tomatoes

AUGUST

Apples, Beets, Blackberries, Black-eyed Peas, Blueberries, Carrots, Corn, Cucumbers, Eggplant, Grapes, Green Beans, Greens, Lettuces, Lima Beans, Melons, Mushrooms, Nectarines, Okra, Onions, Peaches, Pears, Peppers, Plums, Potatoes, Raspberries, Summer Squash, Tomatoes, Winter Squash

SEPTEMBER

Apples, Beets, Blackberries, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Corn, Cucumbers, Eggplant, Grapes, Green Beans, Greens, Lettuces, Lima Beans, Mushrooms, Melons, Okra, Onions, Peaches, Pears, Peppers, Plums, Potatoes, Pumpkins, Raspberries, Summer Squash, Sweet Potatoes, Tomatoes, Turnips, Winter Squash

OCTOBER

Apples, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Cucumbers, Greens, Lettuces, Mushrooms, Onions, Pumpkins, Radishes, Sweet Potatoes, Tomatoes, Turnips, Winter Squash

NOVEMBER

Apples, Broccoli, Brussels Sprouts, Cauliflower, Cucumbers, Greens, Lettuces, Mushrooms, Onions, Pumpkins, Radishes, Sweet Potatoes, Tomatoes, Turnips, Winter Squash

WHAT'S ON YOUR PLATE?



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra and save for later. Use them in stews, soups and pasta.



Make half of your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein for a nutritious meal.



Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get two more food groups.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, or chicken.



Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans
Go to [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov) for more information.



BROCCOLI AND CAULIFLOWER CASSEROLE

Total time: 1 hour 5 minutes | Makes 8 servings

INGREDIENTS:

- | | |
|--------------------------------------------------------------------------|-------------------------------------|
| 1 head cauliflower (about 2 pounds), trimmed and cut into 1-inch florets | 1 teaspoon garlic powder |
| 1 pound broccoli florets, cut into 1-inch pieces | 1 teaspoon onion powder |
| 2 tablespoons olive oil | ½ teaspoon ground pepper |
| 2 tablespoons unsalted butter | ¼ teaspoon salt |
| 2 tablespoons all-purpose flour | 1 cup shredded sharp cheddar cheese |
| 2 cups low fat milk | ¾ cup panko or plain breadcrumbs |
| 2 ounces cream cheese, at room temperature | ¼ cup grated parmesan cheese |



DIRECTIONS:

1. Preheat the oven to 375 degrees F. Coat a 2-quart baking dish with cooking spray (or lightly rub on some oil); set aside.
2. Add 1 inch of water to a large stockpot fitted with a steamer basket; cover and bring to boil. Add cauliflower florets first, then top with broccoli florets; steam, covered, until slightly tender, about 6 minutes. Remove the vegetables from the pot; set aside. Pour out the water, clean and dry the pot.*
3. Heat the 2 tablespoons of oil in the pot over medium heat. Add flour and cook, stirring constantly, about 1 minute. Gradually stir in milk, whisking constantly, until simmering. Whisk in cream cheese, garlic powder, onion powder, pepper, and salt. Cook, whisking constantly, until thickened and smooth, about 2 minutes.
4. Reduce heat to low and gradually add the cheddar, whisking until melted after each addition. Remove from heat. Add the broccoli and cauliflower to the sauce and stir to coat. Transfer to the prepared baking dish.
5. Microwave the 2 tablespoons butter in a medium microwaveable bowl on High until melted, about 25 seconds. Stir in the breadcrumbs and parmesan until fully coated; sprinkle evenly over the casserole.
6. Bake until golden brown and bubbly, 25 to 30 minutes. Let stand for 5 minutes before serving.

* If you don't have a steamer basket, place the vegetables in the pot, add 2 to 3 inches of water, cover, and cook until vegetables are tender. Remove vegetables, pour the water out, and clean and dry the pot.



CALCIUM

Good food sources in this recipe: Milk, cheese, and broccoli
Milk is also high in vitamins A, D, and B12. Broccoli is also a good source of vitamin C.

HOT PUMPKIN SPICE DRINK

Total time: 2 minutes | Makes 1 serving

INGREDIENTS:

- 1 cup milk (or milk alternative)
- 4 to 6 tablespoons pureed pumpkin, canned or fresh*
- 1 ½ teaspoons maple syrup
- ¼ teaspoon pumpkin pie spice**
- ¼ teaspoon vanilla extract



DIRECTIONS:

1. Place all ingredients except vanilla into a mug or a heat proof glass, then whisk by hand or mix with an immersion blender. You can also put it in a regular blender to mix.
2. To heat, place in a small pot on the stove, whisking constantly. When done heating, remove from heat, add vanilla, then pour it back into your mug or glass.

* Start with 4 tablespoons of pumpkin puree, taste, and add more if you want a stronger pumpkin flavor.

** Instead of pumpkin pie spice, you can add a pinch of cinnamon, ginger, nutmeg, and cloves.

Notes:

1. For a cold drink, add vanilla when blending and skip the heating step.
2. To make a pumpkin spice latte, add ¼ to ½ cup of dark coffee or espresso.



CALCIUM

Good food sources in this recipe: Milk
Milk also provides vitamins A, D and B12. Pumpkin is high in vitamin A, vitamin C, and potassium.

MEDITERRANEAN FISH WITH GREENS AND MUSHROOMS

Total time: 25 minutes | Makes 4 servings

INGREDIENTS:

3 tablespoons olive oil, divided	2 teaspoons Mediterranean Herb Mix, divided (recipe on the following page)
½ large, sweet onion, sliced	1 tablespoon lemon juice
3 cups sliced cremini mushrooms (or other mushroom variety)	¼ to ½ teaspoon salt, divided
2 cloves garlic, sliced or 1 teaspoon minced garlic	½ teaspoon ground pepper, divided
4 cups chopped kale	4 (4-ounce) cod, sole, or tilapia filets
1 medium tomato, diced	Chopped fresh parsley, for garnish (optional)

DIRECTIONS:

1. Heat 1 tablespoon of the oil in a large pan over medium heat. Add onion. Cook, stirring occasionally, until soft, about 3 to 4 minutes. Add mushrooms and garlic. Cook, stirring occasionally, until the mushrooms release their liquid and begin to brown, 4 to 6 minutes.
2. Add kale, tomato, and 1 teaspoon of herb mix. Cook, stirring occasionally, until the kale wilts and the mushrooms are tender, 5 to 7 minutes. Stir in lemon juice and ¼ teaspoon each salt and pepper.
3. Remove from heat, cover, and keep warm.
4. Sprinkle fish with the remaining 1 teaspoon of herb mix and ¼ teaspoon each salt and pepper.
5. Heat the remaining 2 tablespoons of oil in a large nonstick pan over medium-high heat. Add the fish and cook until the flesh is no longer clear (145 degrees F internal temperature), 2 to 4 minutes per side, depending on thickness.
6. Transfer the fish to 4 plates or a serving platter. Top and surround the fish with the vegetables. Sprinkle with parsley, if desired.

Note: Can be served with brown rice, roasted potatoes, or whole wheat pasta.



IODINE

Good food sources in this recipe: Fish

Fish also provides vitamins D and B12. Kale is high in vitamins A, C, and folate.

MEDITERRANEAN HERB MIX

Total time: 5 minutes | Makes 12 servings

INGREDIENTS:

2 tablespoons dried oregano	1 tablespoon dried sage
2 tablespoons dried rosemary	1 tablespoon dried mint (optional)
2 tablespoons dried thyme	

DIRECTIONS:

1. Combine oregano, rosemary, thyme, mint (if using), and sage in a clean glass jar with a tight-fitting lid.
2. Close the lid and shake until the seasonings are mixed well.
3. Just before using, crush the herbs between your fingers, with a mortar and pestle, or in a spice mill to release their flavors.

Note: Store in an airtight container at room temperature or in the refrigerator for up to 6 months.



CAULIFLOWER FRIED RICE WITH SHRIMP

Total time: 25 minutes | Makes 4 servings

INGREDIENTS:

- | | |
|--------------------------------------------------------------------|----------------------------------------------------------------|
| ¼ cup sesame oil (or another high heat, mild tasting oil), divided | 3 cloves garlic, sliced or 1½ teaspoons prepared minced garlic |
| 2 large eggs, lightly beaten | 3 tablespoons reduced-sodium soy sauce or tamari |
| 3 cups riced cauliflower* | 2 tablespoons water |
| 1 pound large shrimp (31 to 35 count), peeled and deveined | 1 tablespoon rice vinegar or apple cider vinegar |
| 3 cups broccoli florets | ½ teaspoon ground pepper |
| 1 medium red bell pepper, thinly sliced (about 1 cup) | |

DIRECTIONS:

1. Heat 2 teaspoons of oil in a large flat-bottomed wok or heavy skillet over high heat. Add eggs and cook, without stirring, until fully cooked on one side, about 30 seconds. Flip and cook until just cooked through, about 15 seconds. Transfer to a cutting board and cut into ½-inch pieces.
2. Add 2 teaspoons of oil to the pan; heat over high heat. Add riced cauliflower in an even layer; cook, without stirring, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add 2 teaspoons of oil to the pan; heat over high heat. Add shrimp; cook, stirring often, until just turned pink, about 3 minutes. Transfer to the plate with the cauliflower.
4. Add the remaining 2 tablespoons of oil to the pan; heat over high heat. Add broccoli, bell pepper and garlic. Cook, stirring occasionally, until lightly browned, 4 to 5 minutes. Stir in soy sauce (or tamari), water, vinegar, and pepper. Bring to a boil; boil for 30 seconds. Remove from the heat. Stir in the reserved eggs, cauliflower, and shrimp.

Can be refrigerated in an airtight container for up to 3 days.

*Prepared cauliflower rice (or cauliflower crumbles) can be found in the frozen or fresh produce sections of grocery stores. To make your own, pulse cauliflower florets in a food processor until broken down into rice-size granules or grate by hand with a cheese grater. One 1 ½-pound head of cauliflower yields about 4 cups of cauliflower rice.



IODINE

Good food sources in this recipe: Shrimp

Shrimp is also high in vitamin B12. Cauliflower is high in vitamin C.

If you're interested in...

- Preventing pregnancy
- Pregnancy planning & counseling
- STD/STI testing & treatment
- Cervical & breast cancer screenings
- Health education
- Referrals for additional health services



The Maryland Family Planning Program has you covered.

We offer **quality** and **affordable** services to women, men, teenagers, and individuals at over 60 clinics in Maryland.



To find your closest clinic:

1. Visit bit.ly/MDclinics - or -
2. Call 2-1-1 and ask for "family planning clinics" - or -
3. Scan the QR code!



SCAN ME

For more information, visit our website: bit.ly/MFPPsite

Questions? Email mdh.mchb@maryland.gov



Is Your Relationship Affecting Your Health?¹

How's it going?

Ask yourself:

- ✓ Is my partner or the person I am seeing kind to me and respectful?
- ✓ Is my partner willing to talk openly when there are problems?
- ✓ Does my partner give me space to spend time with other people?

If you answered YES to these questions, it sounds like you have a supportive, caring partner. Studies show that being cared for by the person you are with leads to better health, a longer life, and helps your kids.



Are there times my partner or the person I'm seeing:

- ✗ Shames or humiliates me, makes me feel bad about myself, controls where I go, or how I spend my money?
- ✗ Ever hurts or scares me with their words or actions?
- ✗ Makes me have sex when I don't want to?
- ✗ Keeps me from seeing my doctor or taking my medicine?

These experiences are common. 1 in 3 women and 1 in 4 men is seriously hurt by a partner in her or his lifetime.² If something like this is happening to you or a friend, call one of the hotlines on this page.

Help in Maryland is Available 24 Hours a Day³ (hotlines organized alphabetically by county)

Allegany County Family Crisis Resource Center Hotline: 301-759-9244	Caroline, Kent, Dorchester, Queen Anne's, & Talbot - Mid-Shore Council on Family Violence Hotline: 1-800-927-4673	Howard County HopeWorks of Howard Co, Inc. Hotline: 410-997-2272
Anne Arundel County YWCA Domestic Violence Services Hotline: 410-222-6800	Carroll County - Family & Children's Services of Central MD Hotline: 443-865-8031	Montgomery County Abused Persons Program Hotline: 240-777-4673
Baltimore City House of Ruth Maryland Hotline: 410-889-7884 TTY: 410-889-0047	Cecil County - Domestic Violence/Rape Crisis Center – The Bridge Hotline: 410-996-0333	Prince George's County Community Crisis Services, Inc. Hotline: 301-731-1203
Baltimore City, Baltimore Co. TurnAround, Inc. Helpline: 443-279-0379	Charles County Center for Abused Persons Hotline: 301-645-3336	St. Mary's County - Southern MD Center for Family Advocacy Hotline: 301-373-4141
Baltimore County-wide Hotline: 410-828-6390	Frederick County - Heartly House Hotline: 301-662-8800 TTY: 301-662-1565	Somerset, Wicomico, & Worcester Life Crisis Center Hotline: 410-749-4357
Calvert County Calvert Center for Change Hotline: 410-535-1121	Garrett County The Dove Center Hotline: 301-334-9000	Washington County - CASA Hotline: 301-739-8975
National Domestic Violence Hotline 1-800-799-7233	Harford County - SARC Hotline: 410-836-8430	MD Network Against Domestic Violence Helpline (M-F 9-5) 1-800-MD-HELPS

¹Adapted from Futures Without Violence. <https://store.futureswithoutviolence.org/product/general-health-safety-card/>

²CDC. <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html>

³MNADV. <https://store.futureswithoutviolence.org/product/general-health-safety-card/>

TOFU SCRAMBLE

Total time: 20 minutes | Makes 5 servings

INGREDIENTS:

- 14 ounces extra firm tofu
- 1 cup chopped onion
- 1 cup chopped bell pepper (any color)
- 1 teaspoon vegetable oil
- 10 ounces frozen chopped spinach, thawed and drained
- 1 teaspoon garlic powder or 4 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ cup (1 ounce) shredded cheddar cheese

DIRECTIONS:

1. Drain and press tofu to remove extra liquid. Crumble into a bowl and set aside.
2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, about 5 to 7 minutes.
3. Add spinach, garlic, salt, and pepper to the skillet. Stir to combine.
4. Add tofu and stir until heated through. Sprinkle cheese over the top. Serve hot.
5. Refrigerate leftovers within 2 hours.

Recipe source: Food Hero, Oregon State University



IRON

Good food sources in this recipe: Tofu

Tofu is also a good source of calcium, magnesium, and zinc. **Bell peppers** are high in vitamins C and A. **Spinach** is a good source of vitamin A and folate.



APPLE CINNAMON OATMEAL

Total time: 15 minutes
Makes 4 servings

INGREDIENTS:

- | | |
|-----------------------------|-------------------------------------------|
| 2 cups low-fat milk | 1 cup quick cooking or old-fashioned oats |
| ½ cup raisins | 1 Granny Smith apple, chopped |
| 1 tablespoon of brown sugar | ½ teaspoon of cinnamon |

DIRECTIONS:

1. Pour milk, brown sugar, oats, and raisins into a saucepan.
2. Stir over medium heat until the oats start to thicken.
3. Put the chopped apple in a microwave-safe bowl and cover with plastic wrap.
4. Microwave the apple for one minute or until it starts to soften a bit.
5. When the oatmeal is thick and creamy, add the cinnamon and stir.
6. Pour the oatmeal into four serving bowls, top with the apples, and serve.

Recipe source: University of Maryland Extension, Maryland SNAP-ED



Cook to a Safe Minimum Internal Temperature

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

Food	Type	Internal Temperature (°F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Casseroles	Meat and meatless	165
Chicken, turkey, and other poultry	All: whole birds, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
	Casseroles (containing meat and poultry)	165
Ham	Raw ham	145 Rest time: 3 minutes
	Precooked ham (to reheat)	165 Note: Reheat cooked hams packaged in USDA-inspected plants to 140
Leftovers	Any type	165
Pork	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 or cook until flesh is no longer translucent 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

- For the latest news, alerts, and tips on safely handling and storing food to prevent food poisoning, visit [FoodSafety.gov](https://www.foodsafety.gov).

Maryland Department of Health Office of Food Protection
<https://health.maryland.gov/phpa/OEHFP/OFPCS/Pages/Home.aspx>



IRON

Good food sources in this recipe: Oats

To help your body absorb the non-heme iron in oats, eat them with a good source of Vitamin C like berries, apples or citrus fruits. **Oats** are also a good source of magnesium and zinc. **Apples** are a good source of vitamin C. **Milk** is high in calcium, and vitamins A, D, and B12.



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CURRIED BROWN RICE WITH PUMPKIN SEEDS, APRICOTS AND SPINACH

Total time: 1 hour 15 minutes | Makes 4 servings

INGREDIENTS:

- 1 cup brown rice (short grain, uncooked)
- 1 tablespoon olive oil (or cooking oil)
- 2 garlic cloves, chopped
- 1 red onion, peeled and finely chopped (medium, or other squash)
- 1 tablespoon curry powder
- 2 cups fresh spinach, chopped
- 2 cups low sodium vegetable broth (or low sodium chicken broth)
- Salt and pepper to taste
- 2 cups dried apricots (chopped)
- ½ cup pumpkin seeds, toasted

DIRECTIONS:

1. Rinse the rice well.
2. Heat the oil over medium heat in a large heavy saucepan.
3. Add the onions and garlic and cook for 3 to 4 minutes, then stir in the curry powder.
4. Add the rice and broth and bring to a boil over high heat.
5. Reduce the heat, cover, and simmer for 30 to 45 minutes until the liquid is absorbed.
6. Remove from the heat and stir in the apricots and spinach.
7. Replace cover and let sit for 10 minutes.
8. Add the pumpkin seeds, salt, pepper (and more curry if desired) and fluff with a fork.
9. Serve immediately.

Recipe source: USDA MyPlate



MAGNESIUM

Good food sources in this recipe: **Pumpkin seeds, spinach, and brown rice**
Pumpkin seeds also provide iron and zinc. **Spinach** is high in vitamins A and C, and folate.
Brown rice is a good source of vitamin B6.

BLACK BEAN AND CORN SALSA

Total time: 25 minutes | Makes 10 servings

INGREDIENTS:

- 1/3 red bell pepper, washed and chopped
- 2 tablespoons olive oil
- 1 small red onion, finely chopped
- 2 cloves garlic, chopped
- 1 large tomato, washed and chopped
- 1 stalk celery, washed and chopped
- 3 tablespoons chopped fresh basil
- Lime juice
- 2 ears fresh corn (or 1 1/2 cups frozen corn)
- 2 cans (15 ounces each) black beans, rinsed and drained
- Salt
- Freshly ground pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin

DIRECTIONS:

1. Husk corn.
2. Combine all ingredients in a bowl.
3. Stir, cover, and chill.

Recipe source: University of Maryland Extension, Maryland SNAP-ED



MAGNESIUM

Good food sources in this recipe: Black beans and corn
Black beans are also high in iron and folate. Corn is a good source of vitamin A and potassium.





MELTING POTATOES WITH LEMON DRESSING

Total time: 1 hour 45 minutes | Makes 6 servings

INGREDIENTS:

2 pounds Yukon Gold potatoes, peeled and sliced 1-inch thick
 5 tablespoons olive oil, divided
 1 tablespoon finely chopped fresh oregano
 ¼ teaspoon salt plus ⅛ teaspoon, divided
 ½ teaspoon ground pepper plus ⅛ teaspoon, divided
 1 cup low-sodium vegetable or chicken broth
 3 medium cloves garlic, peeled
 2 tablespoons lemon juice
 2 tablespoons low fat sour cream or plain yogurt
 ½ teaspoon Dijon mustard (or brown mustard)

DIRECTIONS:

1. Position rack in upper third of the oven and preheat to 500 degrees F.
2. Toss potatoes, 3 tablespoons oil, oregano, ¼ teaspoon salt, and ½ teaspoon pepper in a large bowl.
3. Arrange the potatoes in a single layer in a 9-by-13-inch metal baking pan (don't use glass, which could shatter at the high temperature).
4. Roast, flipping once, until browned, about 30 minutes. Carefully add broth and garlic to the pan. Continue roasting until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Remove the garlic cloves to a plate and mash.
5. Meanwhile, whisk the remaining 2 tablespoons oil, lemon juice, sour cream or yogurt, mustard, and the remaining ⅛ teaspoon each salt and pepper in a small bowl. Add the mashed garlic and continue whisking until smooth. Serve the potatoes topped with the lemon dressing.



POTASSIUM

Good food sources in this recipe: Potatoes
 Potatoes are also a good source of vitamins C and B6.

SAUTÉED BEET GREENS

Total time: 15 minutes | Makes 3 servings

INGREDIENTS:

2 teaspoons vegetable oil
 4 cups chopped beet greens (2 bunches with stems removed)*
 2 cloves garlic, minced or ½ teaspoon garlic powder
 1 teaspoon lemon juice
 ⅛ teaspoon red pepper flakes
 1 pinch salt

DIRECTIONS:

1. Heat oil in a medium-sized pan over medium heat.
2. Add the beet greens and garlic to the pan. Stir until just wilted, then reduce the heat to low and stir occasionally until soft, about 5 to 8 minutes.
3. Stir in lemon juice, red pepper flakes, and salt. Serve right away or use in another recipe.

* No beet greens? You can use other leafy greens such as mustard greens or chard.

Recipe source: USDA MyPlate



POTASSIUM

Good food sources in this recipe: Beet greens
 Beet greens are also high in vitamins A and C.



BANANA COCOA YOGURT POPS

Total time: 10 minutes | Makes 4 servings

INGREDIENTS:

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder

DIRECTIONS:

1. Mash banana with a fork.



2. Mix banana and yogurt well.



3. Stir in cocoa powder.



4. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).



5. Freeze.

6. Enjoy as a frozen treat!

Recipe source: USDA MyPlate



ZINC

Good food sources in this recipe: Cocoa powder

Cocoa powder is also a good source of magnesium. Yogurt provides calcium and iodine.

TORTILLA BAKED EGGS

Total time: 20 minutes | Makes 1 serving

INGREDIENTS:

- 1 teaspoon olive oil (for brushing the pan)
- 1 corn tortilla
- ½ cup baby kale or baby spinach (roughly chopped)
- 3 eggs
- 1 tablespoon scallions, finely sliced
- 3 cherry tomatoes (cut into quarters)
- ⅛ teaspoon paprika (small pinch)
- Season with salt and pepper
- 1 tablespoon cheddar cheese or other cheese (optional), grated

DIRECTIONS:

1. Preheat the oven to 350 degrees F.
2. Grease a small oven-proof frying pan or baking dish that is slightly smaller than the tortilla. (This method assumes you are making a single serving of the recipe. If you are making more than one serving, either overlap the tortillas in a large dish or use multiple small baking dishes as needed.)
3. Gently press the tortilla into the bottom of the dish so that the tortilla curls up the sides slightly to form a lip that will hold the eggs. Evenly spread the chopped spinach or kale over the top of the tortilla.
4. Crack the eggs on top of the tortillas, then sprinkle on the spring onion/scallion and chopped tomato. Season with a pinch of paprika, salt, and pepper. Sprinkle with grated cheese, if using.
5. Place in the oven and bake for 15 to 20 minutes until the egg whites are set (they shouldn't jiggle when you move the pan). Remove from the oven and slide onto a dish. Cut into quarters and enjoy.

Recipe source: Food Hero, Oregon State University



ZINC

Good food sources in this recipe: Milk and cheese

Milk and **cheese** are also good sources of calcium. **Milk** also provides vitamins A, D and B12. **Eggs** are also high in vitamin B12.



MYPLATE GROCERY STORE BINGO

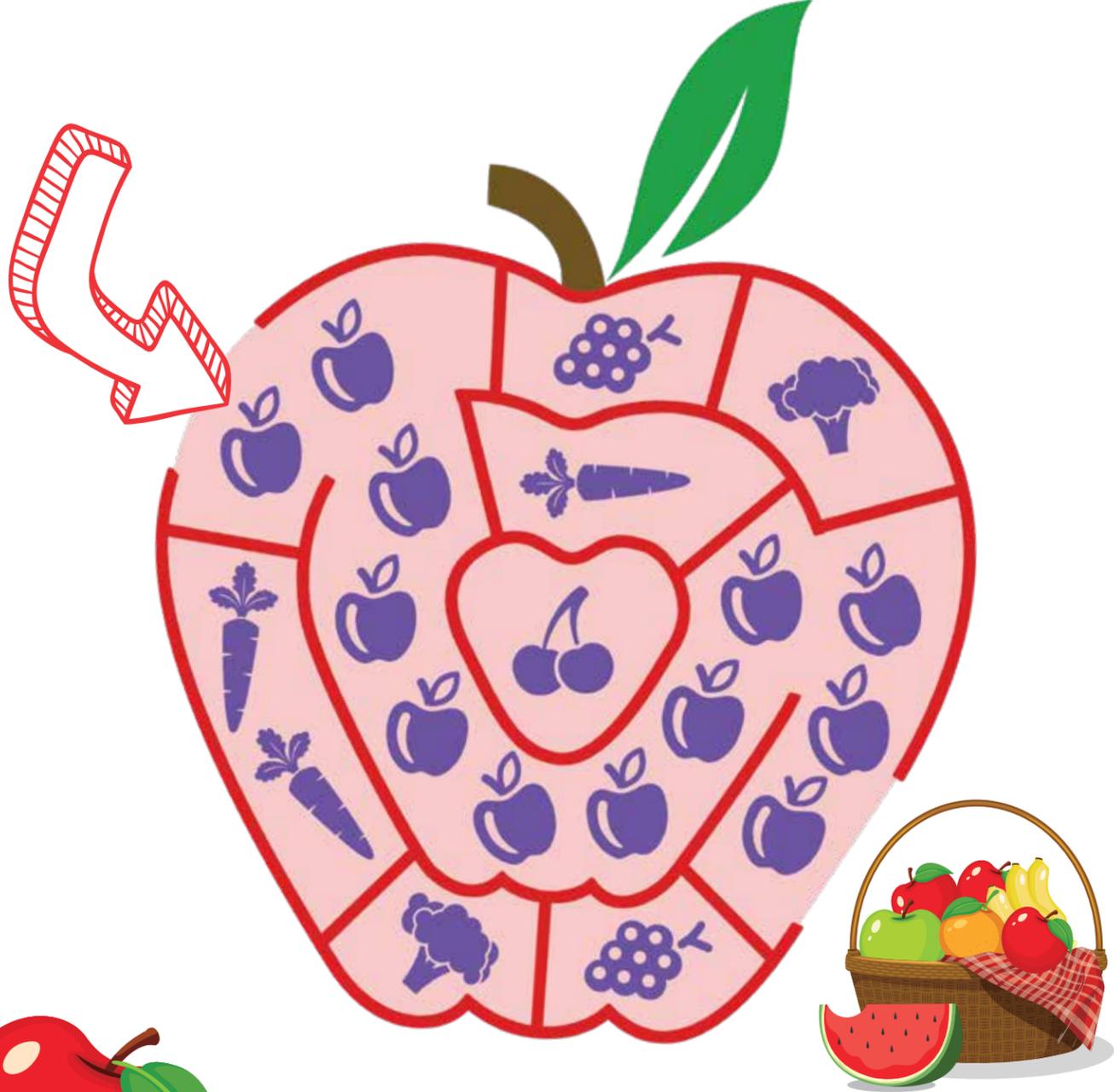
Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

Fruits	Vegetables	Grains	Protein	Dairy
Apple 	Avocado 	Bread 	Beans 	Milk 
Blueberries 	Broccoli 	Cereal 	Chicken 	Cottage Cheese 
Cantaloupe 	Corn 	Free Space 	Eggs 	Soy Milk 
Grapes 	Sweet Potato 	Popcorn 	Peanut Butter 	Cheese 
Orange 	Tomatoes 	Rice 	Tuna Fish 	Yogurt 

ChooseMyPlate.gov/Families

A-MAZE-ING APPLES

Do you love crunchy fruits and vegetables? They are good for your teeth and body. Follow the apples with your finger to find the way to the fruit basket. What other crunchy foods do you see along the way?



A maze shaped like an apple. The maze starts at a red arrow pointing to an apple icon. The path winds through various food icons including grapes, carrots, broccoli, and more apples. The maze ends at a fruit basket containing apples, oranges, and pears, with a slice of watermelon next to it.



MELON SALAD WITH CITRUS MINT DRESSING

Total time: 15 minutes | Makes 4 servings

INGREDIENTS:

1 cantaloupe or honeydew melon or 1 small watermelon

Citrus mint dressing:

Juice of ½ of a lemon

Juice of ½ of a lime

3 tablespoons honey*

1 tablespoon fresh herbs such as mint leaves, basil, tarragon or dill weed, chopped

DIRECTIONS:

1. Use a melon baller to scoop round balls out of the melon or cut into small cubes; place melon into a medium-sized bowl.

To make the citrus dressing:

1. In a small bowl, whisk the lemon juice, lime juice, honey, and herbs. Pour over the salad and mix to coat.

*Do not serve honey to infants under 1 year of age.



VITAMIN A

Good food sources in this recipe: Melons
Melons are also high in vitamin C.



CARROT AND GINGER SOUP WITH ORANGE

Total time: 1 hour 15 minutes | Makes 4 servings

INGREDIENTS:

For the soup

2 tablespoons olive oil

2 pounds carrots, chopped into ½-inch-thick rounds*

3 cloves garlic, chopped (or 1 teaspoon store-bought minced garlic)

1 small onion, chopped

2 tablespoons grated ginger (or ½ teaspoon dry powdered ginger)

1 tablespoon orange zest

½ cup orange juice

4 cups water

1 small bay leaf

¼ to ½ teaspoon salt

½ teaspoon black pepper

For the garnish

Basil

Coconut milk or plain yogurt

DIRECTIONS:

1. Preheat the oven to 425 degrees F.
2. Place the carrots in a roasting pan and toss with one tablespoon of olive oil and a pinch of salt and pepper. Roast for 30 minutes, until soft and caramelized.*
3. Once the carrots are roasted, heat your soup pot on medium-high heat with the rest of the olive oil. Add chopped onions and sauté for 3 to 5 minutes, until they are soft and look clear. Add the garlic and ginger and cook for an additional 2 to 3 minutes. Add the roasted carrots, orange juice, water, and bay leaf. Bring to a boil, reduce heat, and simmer for 20 to 30 minutes.
4. Remove the bay leaf and blend the soup using an immersion blender or regular countertop blender. (If using a regular blender with a cover: start on low speed, place a towel over the cover and hold the cover down while blending, as hot liquid can cause the cover to pop off.) Add the salt and pepper. Taste and adjust seasoning as preferred.
5. Pour the soup into bowls and garnish with basil and a small amount of coconut milk or plain yogurt.

*If you are in a hurry, you can skip roasting the carrots. Adjust by chopping the carrots into smaller pieces and sautéing with the onions.



VITAMIN A

Good food sources in this recipe: Carrots
Carrots also provide some potassium and vitamin C.

CHICKPEA SALAD SANDWICH

Total time: 20 minutes

Makes 4 servings

INGREDIENTS:

- 2 cans (15½ ounces each) no-salt-added chickpeas, rinsed
- 6 tablespoons olive oil
- 3 tablespoons lemon juice
- 2 teaspoons Dijon (or brown) mustard
- ½ teaspoon garlic powder
- ½ cup finely chopped celery
- ¼ cup finely chopped fresh dill (or 2 teaspoons dried dill weed)
- ¼ to ½ teaspoon salt (adjust to taste)
- ½ teaspoon ground pepper
- 4 tablespoons mayonnaise*
- 8 slices whole-grain bread, toasted
- 4 green lettuce leaves
- 4 thin slices red onion
- 4 tomato slices
- sliced radishes (optional)



DIRECTIONS:

1. Combine chickpeas, oil, lemon juice, mustard, and garlic powder in a large bowl. Using a fork or potato masher, crush the chickpeas until most are mashed but some are still whole. Stir in celery, dill, salt, and pepper.
2. Spread 1 tablespoon mayonnaise (and /or yogurt) on 1 side of each of 4 slices of bread. Top evenly with lettuce, onion, tomato, and chickpea mixture. Top with the remaining 4 slices of bread.

* You can substitute plain yogurt for half of the mayonnaise.



VITAMIN B6

Good food sources in this recipe: Chickpeas

Chickpeas are also high in folate, iron, magnesium, and zinc.

GREENS AND BEANS

Total time: 20 minutes

Makes 6 servings

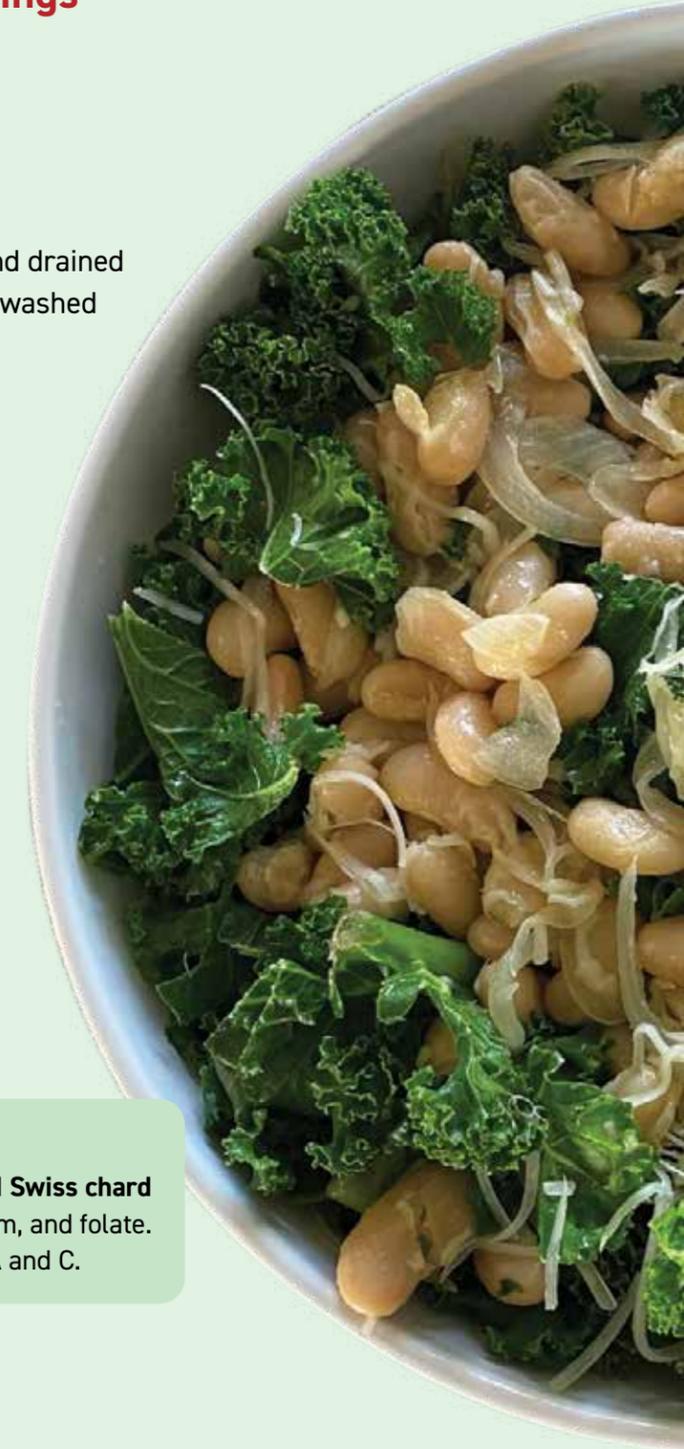
INGREDIENTS:

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 2 cans (15½ ounces each) of white beans, rinsed, and drained
- 6 cups fresh greens: spinach, Swiss chard, or kale, washed
- 2 tablespoons fresh parsley or 1 tablespoon dried parsley flakes
- Salt and pepper to taste

DIRECTIONS:

1. Heat oil in a pan over medium heat.
2. Add onion; cook for 2 minutes.
3. Add garlic and cook for 1 minute, stirring often.
4. Add beans and parsley; cook for 2 minutes.
5. Stir in greens and cook just until wilted.
6. Season with salt and pepper.

Recipe source: University of Maryland Extension, Maryland SNAP-ED



VITAMIN B6

Good food sources in this recipe: White beans, kale, and Swiss chard

White beans are also high in iron, potassium, magnesium, and folate.

Green leafy vegetables are high in folate and vitamins A and C.



HAS YOUR CHILD BEEN EXPOSED TO LEAD?

There is a new program in Maryland to help families with lead poisoning. The Maryland Department of Housing and Community Development, in partnership with Maryland Department of Health will pay for the removal of lead from the home or apartment where the child lives or spends time, at no cost to the homeowner or renter.

ELIGIBILITY CHECKLIST

- Under the age of 19 years
- Blood lead levels of 5 micrograms per deciliter (µg/dL) or more
- Eligible for or enrolled in Medicaid or Maryland Children's Health Insurance Program (MCHIP)
- Visit (for 10 more hours per week) or live in the home/ apartment with a lead problem

For more information about the program:

866-703-3266

or your local health department



Environmental Health Helpline

The Maryland Department of Health, Environmental Health Bureau, has information, services, and resources for parents, health care providers, and community organizations such as: home visiting for asthma and lead poisoning, radon test kits, car seats and safety, food safety, summer youth camps, second hand smoke prevention, and more.

Contact us for more information:

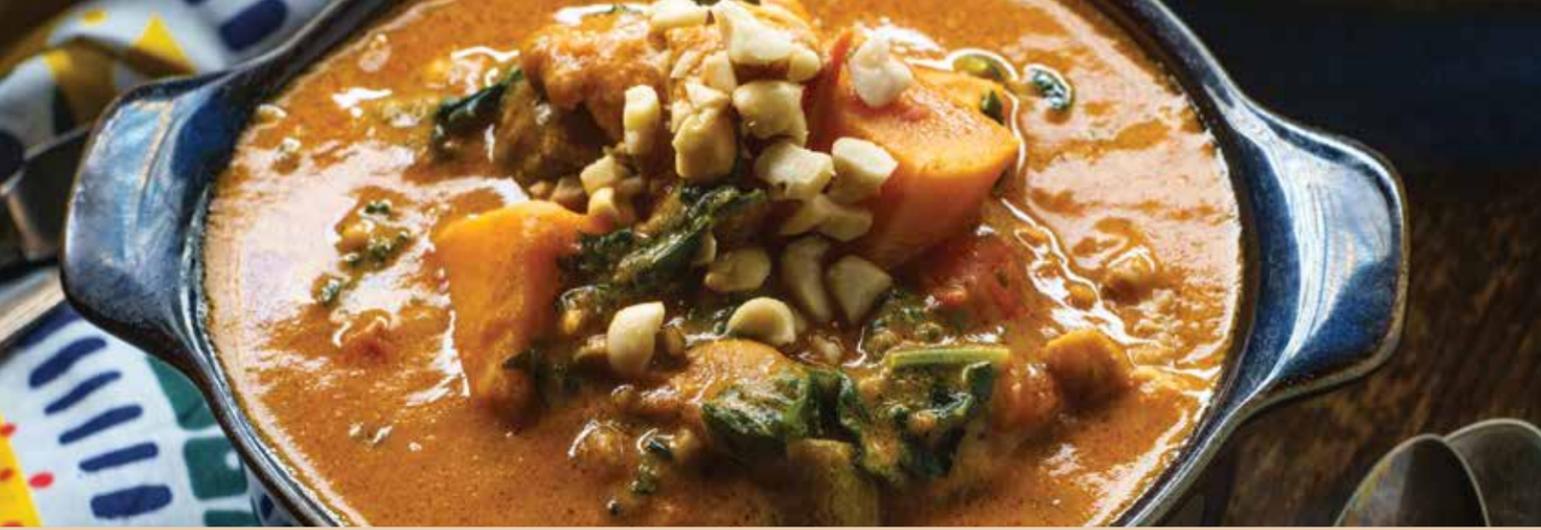
Phone: (866) 703-3266

Email: mdh.envhealth@maryland.gov

Environmental Health Website:

<https://health.maryland.gov/phpa/OEHFP/Pages/environmental.aspx>





WEST AFRICAN PEANUT STEW

Total time: 50 minutes | Makes 6 to 8 servings

INGREDIENTS:

- | | |
|------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 1 tablespoon olive oil | ½ cup unsweetened creamy peanut butter |
| ½ cup chopped onion | 4 cups vegetable or chicken broth, preferably low sodium |
| 1 tablespoon minced garlic | ½ cup cooked chopped spinach (either from fresh or frozen) |
| 1 tablespoon fresh ginger, grated or finely minced (or ¼ teaspoon powdered ginger) | 1 ½ tablespoons lime juice (from 1 lime, if fresh squeezed) |
| 2 teaspoons cumin | 4 ounces roasted peanuts |
| 3 tablespoons tomato paste | Fresh cilantro or parsley |
| 2 ½ cups raw, peeled sweet potato, cubed | |

DIRECTIONS:

1. In a large pot, warm the olive oil over medium heat. Add the onion, garlic, and cumin. Stir together and cook until the onion is soft and clear, about 5 minutes.
2. Add the tomato paste to the pot and stir well. Add the peanut butter and broth. Stir and bring to a boil. Add sweet potato. Reduce heat to medium-low; cover and cook for 15 to 20 minutes until sweet potatoes are tender, stirring occasionally.
3. Add the chopped spinach and stir. Continue to cook for another 15 minutes. Using the back of the spoon, mash some of the sweet potato to thicken the broth. Boil, uncovered, for 5 minutes.
4. Just before serving, stir in the lime juice and top with roasted peanuts and cilantro or parsley. Serve warm over brown rice.



VITAMIN B9

Good food sources in this recipe: **Peanuts** and **spinach**

Peanuts are also high in vitamin B6 (pyridoxine) and zinc. **Spinach** is also a good source of vitamin A.



LENTIL SALAD WITH LEMON AND FETA

Total time: 30 minutes

Makes 6 serving

INGREDIENTS:

- ⅓ cup lemon juice
- ⅓ cup chopped fresh dill*
- 2 teaspoons Dijon or brown mustard
- ¼ teaspoon salt, or to taste
- ⅓ cup olive oil
- Black pepper, to taste
- 2 cans (15 ounces each) lentils, rinsed, or 3 cups cooked brown or green lentils
- 1 cup crumbled feta cheese or substitute any crumbled or shredded cheese (about 4 ounces)
- 1 medium bell pepper (any color), seeded and diced (about 1 cup)
- 1 cup diced seedless cucumber
- ½ cup finely chopped scallions

DIRECTIONS:

1. Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add lentils, cheese, bell pepper, cucumber, and onion; toss to coat.
2. The salad will keep, covered, in the refrigerator for up to 8 hours.

* This salad works best with fresh dill, but you can substitute 2 ½ tablespoons of dried dill. Fresh parsley would also work in this recipe.



VITAMIN B9

Good food sources in this recipe: **Lentils**

Lentils are also high in iron, zinc, and vitamin B6. **Cheese** is a good source of calcium and vitamin B12.

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Where
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Maryland Kids In Safety Seats has answers!

Helpline: 800-370-SEAT (7328)

Skype: MDKISS2

E-mail: mdh.kiss@maryland.gov

Website: www.mdkiss.org



MINI QUICHES WITH SWEET POTATO CRUST

Total time: 30 minutes | Makes 6 servings

INGREDIENTS:

- 1 ½ cups shredded, peeled sweet potato
- 1 tablespoon olive or other vegetable oil
- ½ cup diced lean ham (optional)
- ½ cup diced red pepper
- ½ cup chopped fresh leafy greens or parsley (optional)
- 1 cup shredded cheddar cheese
- 6 eggs
- ½ cup low fat milk
- ⅛ to ¼ teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS:

1. Preheat the oven to 350 degrees F. Generously coat a 12-cup muffin tin with cooking spray.
2. Toss sweet potato and oil in a medium bowl. Divide among the muffin cups, pressing into the bottom and up the sides to create a crust.
3. If using greens like kale, spinach, or arugula, lightly oil a small pan and saute until wilted, or microwave for 20 to 30 seconds. If using fresh parsley, do not cook; add it in step 4.
4. Divide ham, red peppers, and greens among the cups. Top with cheese, keeping it away from the edges to minimize sticking.
5. Whisk eggs, milk, salt, and pepper in a large measuring cup. Pour the mixture into the cups, dividing evenly.
6. Bake until set and cooked through, 22 to 28 minutes. Run a knife around the edges of the quiches and remove from the muffin tin while still hot. Serve warm.

Note: Quiches can be individually wrapped in plastic wrap or foil and refrigerated for up to 3 days or frozen for up to 1 month. To reheat, remove wrapping and microwave on high for 30 to 60 seconds.



VITAMIN B12

Good food sources in this recipe: Eggs, milk, and cheese.

Milk and cheese are also high in calcium and vitamins A and D. **Sweet potatoes** are high in vitamins A and B6, and potassium.



BLUEBERRY CHICKEN PASTA SALAD WITH FIELD GREENS

Total time: 30 minutes | Makes 4 servings

INGREDIENTS:

For the blueberry vinaigrette

- ½ cup fresh blueberries
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon Dijon mustard
- 2 teaspoons honey
- ¼ teaspoon salt

For the salad

- 1½ cups fresh blueberries
- 3 cups cooked whole grain penne pasta (cooled)
- 12 ounces cooked chicken breast (sliced)
- 4 cups field greens
- ½ cup red onion (chopped)
- 1 medium red bell pepper (chopped)

DIRECTIONS:

1. Blend vinaigrette ingredients in a blender; set aside.
2. In a medium size bowl, toss all ingredients with dressing.

Weekly meal planning tip: When you're planning a dinner with chicken, cook up extra chicken breast and refrigerate for use in this salad.

Recipe source: USDA MyPlate



VITAMIN B12

Good food sources in this recipe: Chicken

Chicken also provides iron and other B vitamins, including vitamin B6.

Whole wheat pasta is rich in magnesium. Blueberries are a good source of vitamin C.



Take 1 minute to know your risk for prediabetes.

Take the rest of your day to share a few laughs.



Take a 1-minute quiz at health.maryland.gov/prediabetes

Know Your Risk for Prediabetes



Scan the QR code to take the quiz

CUCUMBER AND TOMATO SALAD

Total time: 2 hours 15 minutes (includes marinating time)

Makes 8 servings

INGREDIENTS:

- 1/3 cup apple cider vinegar (or red wine vinegar)
- 1/4 cup olive oil
- 3 tablespoons balsamic vinaigrette dressing
- 1/4 to 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 4 medium tomatoes, cored and cut into 8 wedges each (4 cups)
- 2 medium cucumbers, sliced (4 cups)
- 1 cup thinly sliced red onion rings

DIRECTIONS:

1. Whisk vinegar, oil, vinaigrette, salt, and pepper in a large bowl. Add tomatoes, cucumbers, and onion; gently stir to coat.
2. Cover and let sit in the refrigerator to marinate, stirring once or twice, for at least 2 hours before serving.

This salad can be refrigerated, covered, and kept for up to 2 days. Toss to refresh before serving.



VITAMIN C

Good food sources in this recipe: Tomatoes

Tomatoes are also a good source of vitamin A, potassium, and folate.

ZOODLES

Total time: 30 minutes | Makes 8 servings

INGREDIENTS:

2 avocados	½ cup finely chopped bell peppers
1 tablespoon basil	1 cup diced cucumbers
1 lime, juiced	1 cup large grape tomatoes, halved
1 tablespoon parsley	
¼ teaspoon salt	Optional toppings:
¾ cup water	Nutritional yeast
3 cloves garlic	Feta cheese
4 medium zucchini	Black pepper
¼ cup finely chopped red onions	Pine nuts

DIRECTIONS:

1. Wash your zucchinis well. With a julienne cutter or spiralizer, slice the zucchinis length-wise to create your “zoodles.” You can also use a knife to cut noodle-width strips. Place in a bowl and set aside.
2. Add prepared veggies to the bowl with your zoodles.
3. In a blender, combine avocados, basil, parsley, garlic, lime juice, water, and salt. Blend on high until thoroughly smooth.
4. Combine your noodles and veggies with your sauce and toss.
5. Garnish with your choice of optional toppings.

Recipe source: Dr. Yum Project



VITAMIN C

Good food sources in this recipe: Bell pepper, tomatoes, zucchini, and avocados
Bell peppers and **tomatoes** are also high in vitamin A. **Avocados** are also good sources of potassium, and vitamins B6 and B9. **Zucchini** also provides vitamin B6.



GREEK STUFFED PORTOBELLO MUSHROOMS

Total time: 25 minutes | Makes 4 servings

INGREDIENTS:

- 3 tablespoons olive oil, divided
- 1 clove garlic, minced (or ½ teaspoon store-bought minced garlic)
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt
- 4 portobello mushrooms (about 14 ounces), wiped clean, stems and gills removed
- 1 cup chopped spinach
- ½ cup cherry tomatoes, quartered
- ½ cup feta or other type of cheese, shredded or crumbled
- 2 tablespoons pitted and sliced Kalamata olives (optional)
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano

DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. Combine 2 tablespoons of the oil, garlic, ¼ teaspoon pepper and salt in a small bowl. Coat mushrooms all over with the oil mixture. (You can use a pastry brush or just rub it on with your hands.) Place on a large, rimmed baking sheet.
3. Bake until the mushrooms are mostly soft, 8 to 10 minutes.
4. Meanwhile, combine spinach, tomatoes, cheese, olives (if using), oregano, and the remaining 1 tablespoon oil in a medium bowl. Once the mushrooms have softened, remove them from the oven and fill each with the spinach mixture.
5. Bake until the tomatoes and spinach have wilted, about 10 minutes.



VITAMIN D

Good food sources in this recipe: Mushrooms

Mushrooms are also a good source of some B vitamins. **Spinach** is a good source of vitamin A and folate.

Cheese is high in calcium and vitamin B12.



SALMON BALLS

Total time: 30 minutes | Makes 4 servings

INGREDIENTS:

- | | |
|-----------------------------------------------------|---------------------------------------------------------------|
| 2 (6-ounce) cans boneless, skinless salmon, drained | 1 tablespoon low-fat plain yogurt, strained,* or Greek yogurt |
| 3 tablespoons Italian or plain breadcrumbs | 1 tablespoon minced garlic |
| 1 scallion, thinly sliced | Cooking spray or oil for the pan |
| 1 large egg, lightly beaten | Cooked broccoli or other vegetables for serving |

DIRECTIONS:

1. Preheat the oven to 400 degrees F. Line a large, rimmed baking sheet with parchment paper, or lightly oil or spray with cooking spray.
2. Combine salmon, breadcrumbs, scallion, egg, yogurt, and garlic in a large bowl; stir, breaking up the salmon, until well mixed.
3. With clean hands, roll about 1 ½ tablespoons of the mixture into a ball; place on the prepared baking sheet. Repeat with the remaining mixture, making 18 to 20 salmon balls.
4. Lightly coat the balls with cooking spray. Bake, turning once, until firm and golden, about 20 minutes. Serve with broccoli or another vegetable for a more complete meal.

* You can use regular plain yogurt without straining it. If the salmon balls feel too wet or mushy, add a ½ to 1 teaspoon more breadcrumbs to help them hold together.

* To strain yogurt to thicken: line a small strainer with a coffee filter, cheese cloth, or a paper towel, and place over a small bowl or cup. Add 1 cup of plain yogurt, cover the strainer with plastic wrap, and refrigerate for 1 to 2 hours or until enough whey has drained out to thicken the yogurt to your liking. Remove strained yogurt and place in another container. This recipe only uses 1 tablespoon. The remaining strained yogurt can be eaten as is or used as a substitute for Greek yogurt or sour cream in recipes.



VITAMIN D

Good food sources in this recipe: Salmon
Canned salmon is also high in calcium and vitamin B12.



PARENTS:

If your child has asthma or lead poisoning, a new program in Maryland can help ... for *FREE!*



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Did you know healthy food CAN taste good, be affordable and easy to make? Check out our FREE website to see how:

DID YOU KNOW?

- **LEAD:** Lead can hurt your child's development and growth, and its effects can last a long time. Lead can get into your child from paint and other things in and around your home
- **ASTHMA:** Asthma attacks are a big reason for missed school days and missed work days for parents. Asthma attacks can happen because of things in the home, like dust, pests, mold, pets, and tobacco smoke

THE GOOD NEWS

Maryland offers free visits to help make your home healthier. We can assist with helping you remove lead from your house and prevent asthma attacks in your children.

YOU ARE ELIGIBLE FOR OUR NEW FREE HOME VISITING PROGRAM IF:

- Your child has lead poisoning, has frequent asthma attacks, or both
- Your child is 18 years old or younger and lives in Maryland
- Your child gets Medicaid/MCHP or qualifies for Medicaid/MCHP

Childhood Lead Poisoning Prevention and Environmental Case Management Program

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