

HEALTHY PREGNANCY



CHEESY BROCCOLI SOUP

Yields: 4 servings, $\frac{3}{4}$ cup

INGREDIENTS

- $\frac{1}{4}$ cup water
- 2 to 2 $\frac{1}{2}$ cups frozen chopped broccoli
- 3 tablespoons flour
- $\frac{1}{4}$ teaspoon onion powder or garlic powder
- $\frac{1}{8}$ teaspoon black pepper
- 3 tablespoons margarine
- 2 cups non-fat milk
- 4 slices (3 ounces) American cheese
- Optional: 6 to 8 drops hot pepper sauce (such as Tabasco)

INSTRUCTIONS

- Heat water to boiling in 3-quart saucepan. Add broccoli. Cover and cook 1 to 2 minutes.
- Pour broccoli onto a dinner plate or cutting board (water will have cooked away); set aside.
- In a small bowl, combine flour, onion, or garlic powder, and pepper.
- Add margarine to saucepan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed.
- Gradually stir in milk, stirring constantly with whisk to keep sauce smooth. Cook over medium heat, stirring or whisking a few times, until thick and bubbly, about 4 to 5 minutes. Meanwhile, cut broccoli into pieces.
- Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts.
- Serve immediately. If desired, add hot sauce to taste.

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 1.5g	
Cholesterol 20mg	7%
Sodium 440mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 11g	
Vitamin A 30%	Vitamin C 70%
Calcium 30%	Iron 6%

APPLE SMILES

Yield: 1 serving

INGREDIENTS

- 1 medium apple
- 1 tablespoon peanut butter
- $\frac{1}{4}$ cup raisins

INSTRUCTIONS

- Cut apple into quarters. Remove core; cut quarters into $\frac{1}{2}$ -inch slices.
- Spread peanut butter on one side of each apple slice.
- Place 3 or 4 raisins on top of peanut butter on one apple slice.
- Top with another apple slice, peanut butter side down. Squeeze gently.

TIP

- Use 3 mini marshmallows in place of the 3 or 4 raisins.

Nutrition Facts	
Serving Size 1 apple	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 57g	19%
Dietary Fiber 7g	28%
Sugars 42g	
Protein 6g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 6%

IOWA STATE UNIVERSITY Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

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CINNAMON CHIPS

Yield: 32 chips

INGREDIENTS:

- 4 flour tortillas
- 1 teaspoon cinnamon
- 2 teaspoons sugar
- 4-8 teaspoons water

INSTRUCTIONS:

1. Spoon a small amount of water on flour tortillas (1-2 teaspoons water per tortilla).
2. Combine cinnamon and sugar.
3. Sprinkle tortillas with cinnamon and sugar mixture.
4. Cut tortillas into 8 wedges (like a pizza).
5. Bake at 350° F for 6 minutes.
6. Cool and store in air-tight container.

TIPS:

- These can be made in advance and stored.
- Try whole wheat tortillas.
- These are great alone or with fruit salsa.

Nutrition Facts	
Serving Size 8 chips	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

SWEET POTATO FRIES

Yield: 6 servings

INGREDIENTS:

- 1½ pounds sweet potatoes, peeled (about 4 medium potatoes)
- 1 tablespoon vegetable oil
- ⅛ teaspoon salt

Dip:

- ¼ cup light mayo
- 1 tablespoon ketchup
- ⅛ to ¼ tsp cayenne pepper, chili powder, or paprika

INSTRUCTIONS:

1. Rinse potatoes under running water. Peel if desired or scrub potatoes well
2. Cut the potatoes in half lengthwise.
3. Lay each potato half flat and slice into half-round shapes about ¼" thick.
4. Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil.
5. Grease cookie sheet with oil and lay potato slices in a single layer.
6. Bake at 425°F for about 30 minutes, turning after 15 minutes.
7. While potatoes are baking, mix the dip ingredients.
8. Serve immediately.

TIPS/OPTIONS:

- You can skip the dip if you like, or just use ketchup.
- Great as an appetizer.
- Best when served hot.
- Sweet potatoes are a great source of Vitamin A.

Nutrition Facts	
Serving Size 1/2 c fries and 1 T dip	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 320%	Vitamin C 6%
Calcium 4%	Iron 4%

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