

Get the Lead Out

Recipe Book



Health Department

*Sedgwick County...
working for you*



K-STATE
Research and Extension
Sedgwick County

Ingredients

- Lead poisoning is a preventable disease that affects children's health.
- Foods with iron will help protect your child from lead poisoning by preventing the lead from being absorbed into the body. Vitamin C is important because it helps the body absorb more iron.

o Sources of Iron:

- ❑ Beef, chicken, fish (tuna, mackerel, perch, halibut), egg, pork
- ❑ 100% iron-fortified cereal, 100% whole-grain bread
- ❑ Waffle, pretzels, bagel, English muffin, flour tortilla
- ❑ Raisins, Apricots, Almonds
- ❑ Spinach, soybeans, beans (chick peas, black beans), dried peas (cooked), lentils

o Sources of Vitamin C:

- ❑ Orange juice and grapefruit juice
 - o No more than 4 oz. per day (age 1-3)
 - o No more than 4-6 oz. per day (age 4-6)
 - o No more than 8 oz. per day (age 7-18)
- ❑ Strawberries, blueberries, cantaloupe, honeydew, and mangos
- ❑ Red/green bell peppers, broccoli, cabbage, and collard greens
- ❑ Tomato juice



Ingredients

o Sources of Calcium:

- ❑ Milk, yogurt, cheese, cottage cheese
 - ❑ Calcium-fortified cereal, English muffin
 - ❑ Spinach, oranges, broccoli
 - ❑ Pudding made with milk, milk-based soups
- The calcium in milk and other dairy foods also helps prevent lead from being absorbed into the body. Children need 2 to 3 servings of milk or other dairy foods per day.
 - ❑ 2 cups (age 2-3)
 - ❑ 2½ cups (age 4-8)
 - ❑ 3 cups (age 9-18)
 - ❑ What counts as a cup in the dairy group?
 - o Ex: 1 cup of milk/soymilk/yogurt or 1 string cheese

Milk Recommendations:

- ❑ Whole milk (age 1-2)
 - ❑ Low-fat milk (ages 2+)
- Please note – Children who drink too much milk are often not interested in eating other healthy foods so monitor portion sizes.

o Healthy Snacks

- ❑ Whole wheat crackers with cheese or peanut butter
- ❑ Yogurt with granola
- ❑ Cheese cubes and grapes
- ❑ 100% iron-fortified cereal with low-fat milk
- ❑ Baked potato or sweet potato with cheese and veggies (broccoli, peppers, spinach)
- ❑ Melon cubes or orange sections
- ❑ Fresh veggies such as broccoli and peppers with dip
- ❑ Fruit Smoothie



Meal and Snack Ideas

Tips to help you and your children plan meals and snacks

Snacks:

Pizza Hummus

Fruit Smoothie

Fresh Fruit with Cinnamon Yogurt Dip

Cucumber Yogurt Dip

Main Dishes:

Oatmeal Swirlers

Cheesy Chicken Casserole

Build Your Own Omelet

Tuna Salad Sandwich

French Toast

Grilled Cheese and Tomato Sandwich

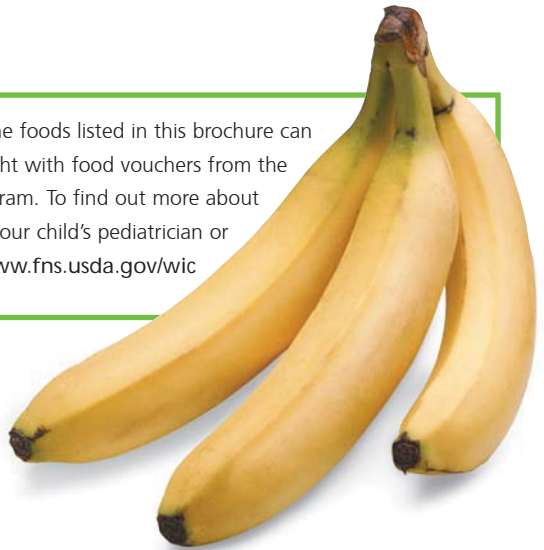
Quick Pizza

Sloppy Joes

Classic Macaroni and Cheese

Quick Skillet Lasagna

Many of the foods listed in this brochure can be bought with food vouchers from the WIC program. To find out more about WIC, call your child's pediatrician or visit www.fns.usda.gov/wic



Pizza Hummus • Makes 6 servings

- 1 16-ounce can of chickpeas, drained and rinsed
- 1/4 cup tomato paste
- 1/4 cup water
- 1 teaspoon dried oregano
(or 1 tablespoon fresh oregano leaves, chopped)
- 1 teaspoon dried basil
(or 1 tablespoon fresh basil leaves, chopped)
- 1 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- 1/4 cup shredded Parmesan cheese
- 1/4 teaspoon crushed red pepper (optional)
- 1 clove of garlic, minced
- 1/4 teaspoon each salt and pepper

Steps:

- Place all ingredients into a food processor or blender and puree for 1 to 2 minutes, until smooth and creamy.
- If hummus is too thick to spread on bread or dip vegetables in, thin it with water by adding one tablespoon at a time until you reach the desired consistency.
- Serve hummus as a dip for raw veggies (such as broccoli or red pepper strips) and whole-grain crackers, or as a spread on your favorite sandwich or in a wrap.
- Store extra hummus in an airtight container in the refrigerator.

Nutrition facts per serving: calories 150, total fat 5g, sat. fat 1g, cholesterol 2mg, sodium 401mg, carb 20g, fiber 1g, sugars 2g, protein 7g, potassium 210mg, phosphorus 95mg

Source: www.eatright.org



Fruit Smoothie • Makes 2 servings

- Choose ½ cup of fruit:
 - Strawberries
 - Blueberries
 - Bananas
- Choose ½ cup of a liquid:
 - Low-fat or fat-free milk
 - 100% fruit juice
 - Calcium-fortified soy milk
- Choose 1 cup of a base:
 - Low-fat plain yogurt
 - Low-fat vanilla frozen yogurt
 - Low-fat vanilla yogurt
 - Frozen fruit
 - 100% frozen orange juice concentrate
- Recipe 1:
 - ½ cup strawberries
 - 1 cup low-fat vanilla yogurt
 - ½ cup fat-free milk
- Recipe 2:
 - ½ cup banana
 - 1 cup frozen orange juice
 - ½ cup low-fat milk
- Recipe 3:
 - ½ cup blueberries
 - 1 cup low-fat frozen vanilla yogurt
 - ½ cup orange juice

Steps:

- Put all the ingredients in a blender and mix until smooth.
Serve immediately.

Nutrition Facts per serving: calories 110, total fat 1.5g, saturated fat 1g, protein 8g, total carbohydrate 14g, dietary fiber 1g, sodium 115mg. Excellent source of calcium and vitamin C

Source: *Cooking with EFNEP*



Fresh Fruit with Cinnamon Yogurt Dip • Makes 4 servings

1 apple
1 orange
1 cup vanilla yogurt (low-fat)

1 banana
¼ cup 100% orange juice
½ teaspoon cinnamon

Steps:

- Core and slice the apple.
- Slice banana into thin circles.
- Peel the orange and break it into sections.
- Pour the orange juice into a small bowl.
- Dip the fruit pieces into the orange juice to prevent browning.
- Arrange on a plate.
- Mix the yogurt and cinnamon in a small bowl.
- Put the bowl of yogurt and cinnamon next to the fruit.
Use it as a dip for the fruit.

Nutrition facts per serving: calories 93, total fat 1g, saturated fat 1g, cholesterol 3mg, sodium 41mg, total carbohydrate 19g, dietary fiber 2g, total sugars 16g, added sugars included 4g, protein 4g

Source: What's Cooking? USDA Mixing Bowl

Cucumber Yogurt Dip • Makes 6 servings

2 cups yogurt (plain, low-fat) ½ cup sour cream (non-fat)
1 tablespoon lemon juice 1 tablespoon fresh dill (or 1 tsp dried dill)
1 garlic clove (chopped) 1 cup cherry tomatoes
1 cup broccoli florets 1 cup carrot (baby)
2 cucumber (medium, peeled, seeded, and grated)

Steps:

- Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
- Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
- Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Nutrition facts per serving: calories 94, total fat 2g, saturated fat 1g, cholesterol 7mg, sodium 109mg, total carbohydrate 15g, dietary fiber 2g, total sugars 9g, protein 6g, calcium 202mg

Source: What's Cooking? USDA Mixing Bowl

Oatmeal Swirlers • Makes 4-6 servings

1½ cups of quick cooking oats

⅓ cup of peanut butter

⅓ cup of fruit jelly or jam

Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk and a serving of fruit.



Nutrition facts per serving: calories 308, total fat 13g, sat. fat 2g, cholesterol 0mg, 100mg sodium, total carbohydrate 43g, dietary fiber 4g, total sugar 15g, protein 9g, calcium 31mg, iron 2mg, and vitamin C 2mg (nutritionals based on 4 servings)

Build Your Own Omelet with Ham, Peppers, Cheese, and Tomatoes • Makes 1 serving

- Nutrition Tip - Ham paired with eggs is a good way to enhance iron absorption.

2 eggs, beaten

3-4 tablespoons total of one or more of the following ingredients: shredded cheese, chopped lean cooked ham, chopped red or green bell pepper, diced tomato

Steps:

- Heat a small frying pan over medium high heat. Spray with nonstick cooking spray and pour in beaten eggs.
- Lift the edges of eggs with a spatula. Tip pan to let uncooked egg flow underneath the cooked egg.
- When eggs are firm, fold omelet over to form a half moon shape.
- Slide onto plate and serve hot with sides of 100% whole-wheat toast, fruit, and a cup of low-fat milk.



Nutrition Facts per serving: calories 180, total fat 12g, saturated fat 4g, protein 15g, total carbohydrates 2g, sodium 257mg, iron 1 mg, calcium 96mg, vitamin C 4mg (nutritionals based on 2 eggs, 1 tablespoon each of cheddar cheese, green pepper, lean ham, and tomatoes)

Source: Iowa State University Extension and Outreach

French Toast • Makes 8 servings

- Nutrition Tip - This recipe provides the option of a fruit sauce. Using strawberries or blueberries in the sauce increases the vitamin C content of the dish.

4 eggs, beaten
1/2 teaspoon ground cinnamon or nutmeg
8 slices of 100% whole-wheat bread (day old bread is easier to use)
1 tablespoon margarine

1 cup skim milk
1/2 teaspoon vanilla

Steps:

- In a large bowl, beat eggs with fork. Add milk, cinnamon, and vanilla. Beat together until mixed well.
- Melt margarine in a large skillet on medium-high heat.
- Dip one slice of bread at a time in the egg mixture to coat both sides.
- Place in hot skillet. Brown each side, about 2 minutes or more.
- Sprinkle top with cinnamon.
- Serve the toast with pancake syrup, fruit sauce (recipe below), or applesauce and a cup of low-fat milk.

Fruit sauce (optional) • Makes 8 servings

3 cups strawberries or blueberries, sliced
1/3 cup maple-flavored syrup
Dash of cinnamon

Steps:

- Combine syrup and cinnamon in a microwave safe dish.
- Place in microwave and heat approximately 30 seconds or until warm.
- Spoon over fruit and toss gently.
- Serve immediately over French toast.
- Note: If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster, or toaster oven.

Nutrition facts per serving:

French toast: calories 180, total fat 5g, saturated fat 1g, protein 9g, total carbohydrate 25g, dietary fiber 7g, sodium 210mg

Fruit topping: calories 45, total fat 0g, saturated fat 0g, protein 0g, total carbohydrate 11g, dietary fiber 0g, sodium 0mg. Excellent source of vitamin C

Source: *Cooking with EFNEP*

Quick Pizza • Makes 4 servings

2, 100% whole-wheat English muffins, halved

1/2 cup low-sodium spaghetti sauce 1/2 cup lean ham, diced

1/2 cup pineapple tidbits in own juice, drained

1/4 cup reduced-fat mozzarella cheese, shredded

Steps:

- Toast muffin until very lightly browned and place on a baking sheet.
- Preheat oven to 350 degrees. • Spread sauce onto each muffin half.
- Place pineapple tidbits and diced ham on top of the sauce on each muffin half.
- Sprinkle cheese on top of ham and pineapple tidbits.
- Bake at 350 degrees for 4-6 minutes or until cheese melts and thoroughly heated.

Nutrition facts per serving: calories 270, total fat 6g, protein 12g, total carbohydrate 40g, dietary fiber 9g, sodium 390mg. Excellent source of vitamin C. Good source of calcium and iron

Source: *Cooking with EFNEP*

Classic Macaroni and Cheese • Makes 8 servings

2 cups macaroni 1/2 cup onion (chopped)

1/2 cup evaporated milk, non-fat 1 large egg (beaten)

1/4 teaspoon black pepper Nonstick cooking oil spray

1 1/4 cups cheese, finely shredded sharp cheddar, low-fat

Steps:

- Cook macaroni according to directions.
(Do not add salt to the cooking water.) Drain and set aside.
- Spray a casserole dish with nonstick cooking oil spray.
- Preheat oven to 350 degrees.
- Lightly spray saucepan with nonstick cooking oil spray.
- Add onions to saucepan and sauté for about 3 minutes.
- In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
- Transfer mixture into casserole dish.
- Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition facts per serving: calories 170, total fat 3g, saturated fat 1g, cholesterol 28 mg, sodium 136mg, total carbohydrate 25g, dietary fiber 1g, total sugars 3g, protein 11g, calcium 131mg, iron 1mg

Source: What's Cooking? USDA Mixing Bowl

Cheesy Chicken Casserole • Makes 4 servings

- Nutrition Tip - This recipe pairs chicken with brown rice, a partnership that increases iron absorption.

1 tablespoon oil (canola or olive) 1 cup onion, diced (medium onion)
1 clove of garlic, minced 1 cup instant brown rice, uncooked
1½ cups reduced sodium chicken broth
2 cups frozen vegetables (broccoli, carrots, corn, mixed vegetables)
2 cups cooked chicken, shredded or cut up
¾ cup reduced-fat cheddar cheese, shredded

Steps:

- Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes.
- Add chicken and broth. Heat to boiling. Stir in rice and frozen vegetables.
- Reduce heat to low. Cover and cook for 10 minutes.
- Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.
- Serve with a side of spinach and a cup of low-fat milk.

Nutrition facts per serving: calories 390, 14g fat, 5g saturated fat, 420mg sodium, 32g carbohydrate, 3g fiber, 6g sugar, 32g protein, 194mg calcium, 1mg iron

Source: Iowa State University Extension and Outreach



Tuna Salad Sandwich • Makes 2 servings

4 slices of 100% whole-wheat bread 1 can of water packed tuna
4 teaspoons of low-fat mayonnaise 4 slices of tomato
⅛ cup onion, chopped (add more if desired)
¼ cup celery, chopped (add more if desired)
2 slices of reduced-fat provolone cheese

Steps:

- Mix tuna with low-fat mayonnaise, onion, and celery.
- Add cheese and tomatoes to sandwich.
- Serve with low-fat milk and a serving of fruit.

Nutrition facts per serving: calories 343, total fat 8g, sat. fat 3g, sodium 595 mg, total carbohydrates 34g, dietary fiber 5g, total sugars, 5g, protein 31g, calcium 285 mg, vitamin C 6mg, and iron 3mg

Grilled Cheese & Tomato Sandwich • Makes 1 serving

2 slices of 100% whole-wheat bread
2 slices of cheddar cheese, reduced-fat

1 slice of tomato
Nonstick cooking spray

Steps:

- Make sandwich using bread, cheese, and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt the cheese.
- Serve with low-fat milk and a serving of fruit.

Nutrition facts per serving: calories 299, total fat 9g, sat. fat 4g, cholesterol 21mg, protein 20g, total carbohydrates 33g, dietary fiber 4.5g, sodium 580mg, iron 2mg, vitamin C 2 mg, and calcium 414mg



Sloppy Joes • Makes 5 servings

1 pound ground beef
1/2 cup celery, chopped
(about 1 rib of celery)
1/2 green or large red pepper,
chopped
1 teaspoon sugar
1 tablespoon prepared mustard

1/2 medium onion, chopped
1/4 cup water
1/2 cup tomato ketchup
5 whole wheat buns

Steps:

- Combine ground beef, onion, celery and pepper in a medium skillet. Add water.
- Cook over medium low heat for 15 minutes. Stir as needed. Cook until beef mixture reaches at least 160°F.
- Put ground beef mixture in a colander set over a bowl. Pat mixture with paper towels and rinse with warm water to remove fat.
- Return to skillet. Add ketchup, mustard, and sugar. Heat 5-10 minutes on low heat.
- Prepare sandwiches by putting 1/2 cup of meat mixture on bottom of each bun and cover with top of bun.

Nutrition facts per serving: calories 292, total fat 7g, saturated fat 3g, protein 18g, total carbohydrate 31g, sodium 489mg, iron 4mg, calcium 120mg, and vitamin C 16mg

Source: Iowa State University Extension and Outreach



Quick Skillet Lasagna • Makes 7 servings

- 1/2 cup onion (chopped)
- 1/2 pound ground beef (90% lean)
- 1 can tomatoes (14.5 ounce)
- 3/4 cup tomato paste (6 ounce can)
- Parsley, fresh (1 Tablespoon, optional)
- 1 1/2 cups water
- Garlic powder (1 teaspoon, optional)
- 2 cups egg noodles (cooked)
- 3/4 cup cottage cheese, low-fat
- 1/4 cup Parmesan cheese



Steps:

- Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat.
- Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
- Cook noodles in the saucepan according to package directions. Drain.
- Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
- Mix cheeses and drop by spoonfuls into the frying pan.
- Cover and heat over low heat about 5 minutes. Refrigerate leftovers.
- Note: To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.

Nutrition facts per serving: calories 182, total fat 5g, saturated fat 2g, cholesterol 25mg, sodium 236mg, total carbohydrate 22g, dietary fiber 3g, total sugars 7g, protein 14g, calcium 96mg, Iron 2mg

Source: What's Cooking? USDA Mixing Bowl



For more information

on childhood lead poisoning:

- Contact your child's medical provider
- Contact the Sedgwick County Health Department Epidemiology Program at [316-660-7300](tel:316-660-7300), or visit www.sedgwickcounty.org
- Visit the U.S. Environmental Protection Agency (EPA) website at www.epa.gov/lead
- Call the EPA Safe Drinking Water Hotline at [1-800-426-4791](tel:1-800-426-4791)
- Call the The National Lead Information Center Hotline at [1-800-424-LEAD](tel:1-800-424-LEAD) ([1-800-424-5323](tel:1-800-424-5323))
- Visit the U.S. Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/nceh/lead
- Visit the U.S. Department of Housing and Urban Development (HUD) website at www.hud.gov/offices/lead

This recipe book was adapted from:

Fight Lead Poisoning with a Healthy Diet

Lead Poisoning Prevention Tips
for Families

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