

These recipes are from the following agencies:

Connecticut Food Policy Council

www.fruitsandveggiesmorematters.org

Allrecipes.com

Produce for Better Health Foundation

WIC Program at www.fns.usda.gov/wic

Lead Awareness Program



An empty stomach absorbs more lead. By feeding your child healthy meals and snacks each day, it will help his or her body to absorb less lead.

Feed your child a diet rich in Iron, Calcium, Vitamin C and low in fat.



Forsyth County
Department of Public Health

Childhood Lead Poisoning Prevention Program
799 N. Highland Ave
PO Box 686 Winston-Salem, NC 27101

336-703-3174

www.forsyth.cc/PublicHealth/EnvironmentalHealth/lead

Healthy Recipes to Help your Child Fight Lead Poisoning



Forsyth County
Department
of Public Health
336-703-3174

Vegetables

Grilled Tomatoes

- 4 ripe tomatoes
- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1 teaspoon lemon pepper

Slice tomatoes in half, lengthwise. Prepare coals. Cover grill grid with foil. Place tomatoes on foil and sprinkle with oregano and lemon pepper. Grill tomatoes with cut side down, over hot coals for about 4-5 minutes.

Skillet Tomatoes and Zucchini

- 1 teaspoon whipped light butter
- 1 cup onions, chopped
- 4 small zucchini, thinly sliced
- 2 medium tomatoes, chopped
- Pepper to taste

In a large nonstick skillet, melt butter over medium heat. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes, Add tomatoes and cook for 3 to 5 minutes or until zucchini are crisp and tender. Season with pepper to taste.



Cheesy Squash

- 1 teaspoon ground cumin
- 1/2 cup Italian dressing
- 2 medium zucchini, cut into 1-inch thick slices (about 3 cups)
- 2 small yellow squash, cut into 1-inch thick slices (about 2 cups)
- 1 medium onion, chopped
- 2 cans (4 ounces) chopped green chilies, drained
- 1 cup shredded Monterey Jack Cheese
- 2 tablespoons chopped cilantro

Place cumin in a large skillet and cook on medium heat 2 minutes or until lightly toasted, stirring frequently. Add dressing, zucchini, yellow squash and onion; mix well. Cook 5 minutes, stirring occasionally. Reduce heat to medium low. Stir in chilies; cover. Simmer 10 minutes, stir. Sprinkle with cheese and cilantro.



Grilled Vegetable Packets

- 2 small zucchini, diced
- 2 small summer squash (yellow), sliced
- 4 small red potatoes, scrubbed well and sliced
- 1/2 medium red onion, sliced
- 1/2 medium bell pepper, seeded and sliced
- 1/2 cup Italian dressing, low-fat
- Salt and pepper to taste

Heat grill to medium heat or 350 Fahrenheit (or heat oven to 400 degrees). Wash vegetables and slice. Toss in large bowl. Add dressing and toss until vegetables are coated. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal size piece of foil over the top of the vegetable mixtures and fold bottom pieces with top sheet to form a packet. Place on heated grill for 1-2 minutes or until potatoes are tender. Before you open the packets, poke holes in the foil with a fork (be very careful opening the foil as the steam will be very hot and could burn you!). Empty vegetables onto serving plates or serve from foil packets.

Snacks

Avocado Garden Salad

- 6 cups mixed salad greens
- 3 medium ripe tomatoes, cut into 3/4 inch cubes
- 5 green onions, chopped
- 1 small cucumber, partially peeled and cut into 3/4 inch cubes
- 3 tablespoons lemon juice, divided
- 1/3 teaspoon garlic powder
- 1 teaspoon coarsely ground black pepper
- 1/2 teaspoon salt
- 1 large ripe avocado, peeled and pitted

Thoroughly mix bite-sized salad greens, tomatoes, onions and cucumber in a large serving bowl. Toss with 2 tablespoons lemon juice, garlic powder, black pepper and salt. Slice avocado in thin wedges, about 1/8 inch thick. Arrange slices on top of salad like a starburst. Brush remaining lemon juice on avocado and serve immediately.

Spicy Baked Sweet Potato Fries

- 1 tablespoon olive oil
 - 1/2 teaspoon paprika
 - 8 sweet potatoes, sliced lengthwise into quarters
- Preheat oven to 400 degrees F. Lightly grease a baking sheet. In a large bowl, mix olive oil and paprika. Add potato sticks, and stir by hand to coat. Place on the prepared baking sheet. Bake 40 minutes in the preheated oven.
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Cosmic Cucumber Wrap

- 1 ounce lean ground beef
 - 1 tablespoon onion, chopped
 - 1 cup Romaine lettuce, chopped
 - 1/4 cup fresh tomatoes, diced
 - 1/4 cup cucumber, diced
 - 1 (8 inch) whole wheat tortilla
 - 1 tablespoon fat-free ranch salad dressing
- Brown ground beef and onion in skillet over medium heat, drain excess fat. Mix lettuce and tomato together with ground beef mixture. Chop cucumber and mix with salad dressing. Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture and roll wrap.

Breakfast

Oatmeal Swirlers - Makes 4-6 servings

- 1 1/2 cups of quick cooking oats
- 1/3 cup peanut butter
- 1/3 cup fruit jelly or jam

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.

Cheese Omelet - Makes 2-3 servings.

- 3 eggs
- 1 tablespoon of low-fat milk
- Vegetable oil
- 3 tablespoons of cheese

Mix eggs and milk in a bowl. Lightly coat pan with vegetable oil. Use medium heat. Add egg mixture and cook. When omelet is cooked on the bottom, add cheese. When cheese is melted, fold omelet in half. Top with salsa if you like. Serve with wheat toast, fruit and low-fat milk.



French Toast – Makes 4-6 servings

- 3 eggs, beaten
- 1/2 cup of low-fat milk
- Vegetable oil
- 6 slices of bread (wheat)
- Cinnamon
- 2 bananas, sliced

Mix eggs and milk. Lightly coat pan with vegetable oil. Use medium heat. Dip bread into egg mixture, so that bread is covered. Brown one side of bread in pan. Sprinkle with cinnamon, Turn over bread and brown the other side. Top with sliced banana. Serve with low-fat milk.

Lunch

Grilled Cheese and Tomato Sandwich - Makes 1 serving

- 2 slices of bread (Wheat)
- 2 slices of American cheese
- 1 slice of tomato
- Vegetable oil

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 or fruit juice.



Pizza Bagel s - Makes 2-3 servings

- 1 Bagel or English Muffin
 - 2 tablespoons of tomato sauce
 - Garlic, basil or oregano
 - 2 tablespoons of cheddar cheese or part-skim Mozzarella
- Preheat oven to 400 degrees. Slice open bagel or English Muffin and place on a flat pan. Add tomato sauce, seasonings and cheese. Bake for 3 minutes or until cheese melts. Serve with fruit juice.
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Tuna Salad Sandwich - Makes 2 servings

- 4 slices of bread (wheat)
- 1 can of water packed tuna
- 4 teaspoons of low-fat mayonnaise
- Onion and celery, chopped

Mix tuna with low-fat mayonnaise, onion, and celery. Try your sandwich with cheese and tomato. Serve with low-fat milk.



Dinner

Chicken Stew - Makes 6-8 servings

- 3 pounds of frying chicken, cut up into small pieces
- Vegetable oil
- 1 medium onion
- 1 stalk of celery, chopped
- 28 ounce can of stewed tomatoes
- Poultry seasoning

Lightly coat pot with vegetable oil. Use medium heat. Cook chicken until it is well done. Add can of stewed tomatoes. Add vegetables and seasoning. Cover and cook over low heat for 30 minutes. Serve with rice or noodles.



Veggie Chili

- Nonstick cooking spray
- 1 yellow onion, diced
- 2 green peppers, diced
- 1 14.5 oz can stewed whole tomatoes
- 2 15 oz cans black beans
- 1 1/2 cups frozen corn
- 1 15 oz can kidney beans
- 1/2 tablespoon chili powder
- 1 teaspoon cayenne pepper
- Salt and pepper to taste
- 2 fresh tomatoes, diced

Spray a large pot with nonstick cooking spray. Sauté the onions and peppers until they just begin to brown. Add all the canned ingredients with the liquid from the cans, the corn and the chili powder and cayenne. Bring to a boil. Reduce heat and simmer for about 30 minutes or until the mixture reaches the desired consistency. Ladle into bowls and top with diced tomatoes.

