



# RECIPES FOR HEALTHY FAMILIES

*Exposed to lead? Foods rich in key nutrients can help.*





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# WHAT IS LEAD?



Lead is a poisonous metal that our bodies cannot use.

## *Where is lead found?*

Lead can be found in air, soil, water and even inside homes.

## *What does lead do to the body?*

There are no safe levels of lead. Lead stops good minerals (such as iron and calcium) from working well in the body. This can cause serious problems with the health of you and your family.

## *Who is hurt most?*

Lead can affect anyone, but it hurts pregnant women and young children most. This is due to rapid growth. Children's bodies are also smaller, so are impacted more by the same amount of lead. Too much lead can cause problems with growth, hearing, speech, behavior and learning.

## *Get tested for lead exposure:*

Help may vary by community and neighborhood. Contact your doctor, local WIC Clinic or your city's Health Department to find out more.

## *How do I prevent lead exposure?*

See page 14 for more information on lead in paint, water and soil.

**Healthy foods can help!** Healthy foods can help stop the body from taking in ("absorbing") lead. Follow these tips:

- > Feed your family regular meals and snacks. The body takes in lead faster if your stomach is empty.
- > Serve foods that have the following nutrients: iron, calcium and vitamin C. These items help the body take in less lead. Look for the iron, calcium and vitamin C icons next to the recipes in this book!



## Can food help if lead levels are already high?

Talk to your doctor.

Healthy foods are not likely to lower lead levels in the body. But they can help protect you and your family from taking in (“absorbing”) more lead.

Healthy foods can help support your child’s growth in other ways (reading, math and social skills). This may help reduce the impact of lead on your child’s life.

## Which foods contain iron, calcium and vitamin C?

### Eat foods with iron

- > Red meat/chicken
- > Fish
- > Green leafy vegetables
- > Whole grain cereal, bread & pasta
- > Cold cereals with iron
- > Dried fruit
- > Beans, peas, lentils



### Eat foods with calcium

- > Milk
- > Cheese and yogurt
- > Calcium-fortified juice
- > Green leafy vegetables
- > Tofu
- > Salmon and sardines (bones in)



### Eat foods with vitamin C

- > Oranges and grapefruit
- > Tomatoes and peppers
- > Broccoli
- > Brussels sprouts
- > Peaches, strawberries and pears
- > Watermelon



# RECIPES FEATURING KEY NUTRIENTS



= Calcium



= Iron



= Vitamin C

*\*Recipe contains at least 10 percent of the recommended daily value (DV) per serving.*



## YOGURT BERRY PARFAIT

Makes 4 servings



Nutrition facts per serving: 235 calories, 4g fat, 2g saturated fat, 7mg cholesterol, 157mg sodium, 44g carbohydrate, 4g fiber, 10g protein, 240mg calcium, 1mg iron, 20mg vitamin c.

Adapted from USDA Mixing Bowl: <https://whatscooking.fns.usda.gov/node/1186>

### Ingredients:

- 2 cups yogurt (low-fat or fat-free, plain or vanilla)
- 1 cup banana (sliced)
- 1/2 cup blueberries (fresh)
- 1/2 cup strawberries (fresh, sliced)
- other optional fruit (raspberries, papaya, pineapple and/or mangos)
- 1 cup granola
- Mint (optional)

### Directions:

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process until cup is full.
6. Top with mint (optional).



## MAKE AHEAD BREAKFAST BURRITOS | Makes 8 servings



Nutrition facts per serving: 307 calories, 13g fat, 5g saturated fat, 179mg cholesterol, 539mg sodium, 32g carbohydrate, 2g fiber, 14g protein, 188mg calcium, 3mg iron, 19mg vitamin c. Adapted from Iowa State University Extension and Outreach: <https://spendsmart.extension.iastate.edu/recipe/make-ahead-breakfast-burritos/>

### Ingredients:

- 1 cup potatoes, diced (1 medium potato)
- 1/2 cup onions, diced (1/2 medium onion)
- 1 cup bell peppers, diced (1 medium pepper)
- 8 eggs, beaten
- 1/8 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 cup 2% fat cheddar cheese, shredded
- 8 (8 inch) flour or corn tortillas

### TIPS:

- Wash hands after handling raw eggs and before making burritos.
- Wash vegetables under running water.
- Add hot peppers, salsa or cayenne pepper for a spicier burrito.

### Directions:

1. Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
2. Add onions and peppers to the potatoes.
3. Cook for 3-4 minutes until the potatoes are browned.
4. Add beaten eggs to the vegetable mixture.
5. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
6. Stir in the garlic powder and pepper.
7. Roll up each burrito. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture in each tortilla.
8. Serve or freeze.

*You can freeze the burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen.*

*To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.*



## FISH SLIDERS | Makes 4 servings



Nutrition facts per serving: 284 calories, 9g fat, 2g saturated fat, 111mg cholesterol, 512mg sodium, 29g carbohydrate, 5g fiber, 25g protein, 119mg calcium, 4mg iron, 25mg vitamin C.

Adapted from: Michigan State University Extension. 2015. Eating Right is Simple Recipe Set.

### Ingredients:

- 13 ounces canned or home cooked salmon, mackerel, or other canned fish (with bones)
- 2 slices of bread, 100% whole wheat, torn into tiny pieces and crumbs
- 1/2 of one green bell pepper, rinsed and chopped
- 1 stalk celery, rinsed and chopped
- 1/4 onion, rinsed and chopped
- 1/8 teaspoon pepper
- 2 Tablespoons lemon juice
- 2 eggs, well beaten
- Vegetable oil or spray
- 1 package whole-grain hot dog buns
- Sliced Roma tomatoes and fresh spinach

### Directions:

Preheat oven to 350 degrees F

1. Thoroughly wash hands and all food preparation surfaces.
2. Drain or crumble fish.
3. Sauté pepper, celery and onion in oil until tender.
4. Combine fish, bread crumbs, green pepper, celery, pepper and lemon juice in a mixing bowl.
5. Beat eggs with fork in small bowl. Add eggs to fish mixture.
6. Form mixture into 16 small patties. Place on a cookie sheet.
7. Bake at 350 degrees F for 20 minutes, or until internal temperature of 145 degrees F is reached. OR pan fry until golden, about 3 minutes on each side.
8. Cut hot dog buns into thirds. Serve Fish Sliders with greens, tomatoes, onion, and other fresh vegetables



## CHICKEN PENNE PASTA WITH BROCCOLI

Makes 6  
servings



*Nutrition facts per serving: 300 calories, 6g fat, 2g saturated fat, 26mg cholesterol, 418mg sodium, 44g carbohydrate, 6g fiber, 19g protein, 231mg calcium, 2mg iron, 17mg vitamin C.*

*Source: United States Department of Agriculture Food and Nutrition Service. Recipes for Healthy Kids: Cookbook for Homes. Retrieved on Feb. 23, 2016, from: <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>.*

### Ingredients:

- 3 cups uncooked whole-wheat penne pasta
- 1 teaspoon granulated garlic
- 2 cups fresh broccoli florets, rinsed
- 1 chicken breast, diced
- 1 1/2 cups fat-free half and half
- 1 Tablespoon all-purpose flour
- 1/8 cup low-sodium chicken broth
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat cheddar cheese, shredded
- 1/2 cup low-fat mozzarella cheese, low moisture, part-skim, shredded
- Nonstick cooking spray

### Directions:

1. Wash hands and all food preparation surfaces.
2. Preheat oven to 350 degrees F.
3. Cut chicken breast into bite-sized cubes. Heat 1 tablespoon of oil in a skillet over medium heat. Add chicken cubes and cook until light brown on each side and juices run clear.
4. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with 1/2 teaspoon garlic.
5. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
6. Transfer pasta and broccoli to a medium casserole dish (about 8 inches by 11 inches) coated with nonstick cooking spray. Add chicken. Mix well.
7. In a small mixing bowl, mix 1/2 cup half and half with flour. Whisk to remove lumps.
8. In a medium skillet, heat chicken broth, salt, pepper and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
9. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
10. Cover casserole dish with lid or with foil. Bake at 350 degrees F for 8 minutes. Heat to an internal temperature of 165 degrees F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.



## QUICK SKILLET PASTA | Makes 8 servings



*Nutrition facts per serving: 320 calories, 8.5g fat, 2.8g saturated fat, 40mg cholesterol, 770mg sodium, 38g carbohydrate, 6.6g fiber, 27g protein, 242mg calcium, 4.9mg iron, 31.5mg vitamin C.*  
*Adapted from: Michigan State University Extension, 2015. Eating Right is Simple Recipe Set.*

### Ingredients:

- 1 pound lean ground meat; beef, turkey or game
- 1 cup onion, rinsed and chopped
- 3 cloves garlic, peeled and minced
- 1 cup green bell pepper, rinsed and chopped
- 1 28-ounce can tomato sauce with Italian seasoning
- 1 10-ounce package spinach, rinsed and chopped
- 6 cups cooked whole wheat pasta
- 1 cup low-fat cottage cheese
- 1 cup shredded mozzarella cheese

### Directions:

1. Wash hands and all food preparation surfaces.
2. Boil 6 cups of water in a pot. Add pasta when water is boiling. Follow the cooking time on the package, stirring occasionally. Drain pasta.
3. In a 10-inch skillet, preferably cast iron, cook the meat over medium-high for 5 minutes stirring to break up.
4. Add onions, garlic and green pepper. Cook until meat is browned and cooked through (about 10 minutes).
5. Drain off fat.
6. Add tomato sauce and spinach. Bring to a boil and simmer 10 minutes.
7. Taste and season with salt, pepper and Italian seasoning.
8. Turn heat to low and stir cooked pasta into the sauce.
9. Mix cottage cheese and mozzarella cheese together.
10. Drop cheese mixture, by spoonfuls, into sauce.
11. Cover and heat over low heat until cheese melts, or place under broiler to melt cheese.



## ENGLISH MUFFIN VEGGIE PIZZA | Makes 4 servings



Nutrition facts per serving: 202 calories, 5g fat, 2g saturated fat, 9mg cholesterol, 289mg sodium, 31g carbohydrate, 6g fiber, 11g protein, 296mg calcium, 2mg iron, 23mg vitamin C. Adapted from *What's Cooking? USDA Mixing Bowl*. Retrieved on March 21, 2018 from: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/english-muffin-veggie-pizza>

### Ingredients:

- 1 cup broccoli (cooked chopped)
- ¼ cup of spinach (roughly chopped)
- 4 whole wheat English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- ½ cup mozzarella cheese, shredded, part skim
- ¼ cup carrot (4 Tablespoons, shredded)
- ⅓ tablespoon Parmesan cheese
- (1 teaspoon, grated)

### Directions:

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli, 1 tablespoon spinach and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.



## BLACK BEAN QUESADILLAS | Makes 8 servings



Nutrition facts per serving: 188 calories, 4g fat, 2g saturated fat, 6mg cholesterol, 536mg sodium, 25g carbohydrate, 5g fiber, 12g protein, 164mg calcium, 2mg iron, 2mg vitamin C. Adapted from What's Cooking? USDA Mixing Bowl. Retrieved on March 21, 2018 from: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/black-bean-quesadillas-cnpp>

### Ingredients:

- 3/4 cup chunky salsa (or pico de gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8 inch flour tortillas
- 1 teaspoon extra virgin olive oil (grated)

### Directions:

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

## PREVENTING LEAD FROM CAUSING HARM

The following are some brief tips for preventing lead from causing harm. Please refer to the links below for additional information.

### PAINT

Lead paint is likely present in homes built before 1978. If you live in an older home, follow the safety tips below:

- > Fix peeling lead paint, following lead-safe practices.
  - > Use this: "Steps to Lead Safe Renovation, Repair and Painting" (EPA, 2011): <https://www.epa.gov/sites/production/files/documents/steps.pdf>
- > Wash dust off hands, toys, bottles, windows and floors.
- > Do not let your child eat or play near loose paint chips.

### WATER

Lead is not present in the municipal water supply. However, lead may get into tap water in one of two ways:

- > Older plumbing in your home, which may have used lead solder (before 1986), and/or lead laterals (water service lines) to homes built before 1962.
- > In the City of Milwaukee, call 414-286-2830 to check if your home is connected to a lead lateral.

If you do not know, follow these safety practices:

- > Use a water filter certified to remove lead (look for "NSF/ANSI 53"). If you can't afford a filter, run tap water on cold for three minutes between uses.
- > Cook and drink only with filtered or cold tap water. This is especially important for women of childbearing age and children under 6 years old.





## **WATER (Continued)**

- > Warm or hot water often contains much higher levels of lead.
- > Do not make infant formula with hot tap water
- > Boiling water does not remove lead.

## **SOIL**

Homes built before 1978 may have elevated amounts of lead in the surrounding soil. Higher amounts of lead are commonly found within 15 feet of the home or garage. This is because lead-based paint may have flaked and washed off over the years. Once lead is in soil, it tends to stay in place.

Follow these safety practices:

- > Cover any bare soil in your yard (including garden paths) with mulch, wood chips, gravel, perennials or grass.
- > Avoid gardening within 15 feet of your home, garage or painted fences.
- > Wash hands thoroughly after gardening, using soap and water.
- > Hand sanitizer kills germs, but it does not remove lead!
- > Wash all toys and clothing thoroughly after playing in the yard or garden.

### **For more information visit:**

**PAINT:** Centers for Disease Control and Prevention (CDC) lead prevention tips page: <https://www.cdc.gov/nceh/lead/tips.htm>.

**WATER:** Centers for Disease Control and Prevention (CDC) lead in water page. <https://www.cdc.gov/nceh/lead/tips/water.htm>

**SOIL:** Visit the UW-Extension Learning Store, "Lead in Home Garden Soil" (2015) at <https://learningstore.uwex.edu/Assets/pdfs/A4089.pdf>

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