

RECIPES FOR PARENTS

HEALTHY SNACKS & MEALS

SALSA CHICKEN (4 servings)

- 4 4-ounce boneless, skinless chicken breasts
- 1 cup salsa (any kind)
- ½ cup chopped scallions
- ¼ cup shredded parmesan cheese



1. Place chicken breasts in glass baking dish.
2. Cover the chicken with salsa, scallions, and cheese.
3. Cover the dish with aluminum foil.
4. Bake at 350 degree for 30 minutes.
5. Remove foil and bake for 10 more minutes.

Takes 5 minutes to prepare, 40 minutes to cook.

Low in fat, high in iron and calcium.

RANCH BEANS (4 servings, 1 cup each)

- ¼ cup chopped green pepper
- 1¾ cups canned beans without meat, drained
- 1¾ cups canned red kidney beans, drained
- 2 tablespoons ketchup
- 2 tablespoons molasses
- ½ teaspoon dried onion



Place all ingredients in saucepan and heat for about 10 minutes.

Note: You can also used dried beans for this recipe. If using dried beans, soak them overnight before cooking.

Follow the instruction on the package to cook them, then follow the recipe above.

Takes 5 minutes to prepare, 5-10 minutes to cook.

Low in fat, high in iron.



FROZEN YOGURT SQUARES

- 2 cups fruit-flavored nonfat yogurt
- 1 cup chopped fruit (any kind)
- $\frac{2}{3}$ cup powdered milk
- 2 cups chopped iron fortified cereal

1. In a blender, combine the yogurt, chopped fruit, and powdered milk. Process until smooth.

2. Stir in $1\frac{1}{2}$ cups of the cereal.
3. Pour the mixture into an 8-inch square baking pan. Sprinkle the rest of the cereal on top.
4. Freeze until hard (about 4 hours).
5. Cut into squares and serve.

Takes 5 minutes to prepare, 4 hours to freeze. Low in fat, high in iron and calcium.

MARINATED PORK CHOPS

(4 servings)

- 4 pork chops
- garlic powder
- salt
- pepper
- vinegar
- paprika



1. Place pork chops in a large baking dish.
2. Pierce pork chops with a fork, cover with vinegar.
3. Sprinkle on salt, pepper, garlic powder, paprika.
4. Cover pork chops, place in refrigerator for 2 hours.
5. Place pork chops in broiler and broil for 10 minutes. Turn them over and finish broiling until fully cooked (5 minutes).

Takes 5 minutes to prepare, 2 hours to marinate, and 15 minutes to cook. High in iron.

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