

Healthy Eating for Expectant and Breastfeeding Mothers

4 Key Nutrients

- Folic Acid
- Iron
- Iodine
- Choline



Incorporate Healthy Substitutes into Family Meals

- Frozen vegetables and canned beans
- Dried fruit to cereals
- Replace beef with beans
- Whole grain pastas and breads

Read Nutrition Facts Label

- Limit added sugars, saturated fat, sodium and caffeine intake.
- Increase foods high in fiber, calcium, potassium, iron and vitamin D.



Questions or for more info.
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Cheesy Chickpea and Broccoli Bake Recipe

Ingredients

- 1 large bunch (about 1 pound) fresh broccoli, rinsed and cut into medium pieces (include tender parts of stems and leaves) or a 1-pound bag frozen broccoli florets (thawed)
- 1 15½-ounce can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- Salt and black pepper to taste
- 1 cup shredded cheddar cheese
- ⅓ cup whole-wheat breadcrumbs



Directions

Preheat oven to 400°F.

- Place raw broccoli pieces in a steamer basket inside a saucepan filled with 1 inch of water. Steam on medium heat for 5 minutes or until broccoli is just tender and bright green. Or, steam fresh broccoli in the microwave
- Place raw broccoli pieces in a large microwave-safe dish or bowl with ½-inch water at bottom. Cover with a microwave-safe plate and microwave on high for 3 minutes or until just tender and bright green. Drain water.
- Toss steamed broccoli and chickpeas with olive oil. Place in a 9-by-9-inch baking pan.
- Salt and black pepper to taste. Top evenly with grated cheese, then top evenly with breadcrumbs.
- Bake 10 to 15 minutes, or until cheese is melted and breadcrumbs are lightly browned. Remove from oven and serve immediately.