

ORANGE JUICE COFFEECAKE

Topping

½ cup folate-rich, flake-type cereal* 1 T. flour
 2 T. firmly packed brown sugar 1 T. margarine

Coffeecake

1 ½ cups all-purpose flour 1 egg
 2 ½ t. baking powder ½ cup margarine, melted**
 ¼ t. baking soda ⅔ cup sugar
 ¾ cup folate-rich, flake-type cereal* ½ cup orange juice

For topping, crush ½ cup cereal to about ¼ cup and combine with topping sugar, flour, and margarine, mixing until crumbly. Set aside for topping. Stir together flour, baking powder and soda. Set aside. Crush the ¾ cup cereal to about ½ cup. Set aside. Beat egg slightly. Stir in margarine, sugar and orange juice. Stir in flour mixture and the cereal. Spread in greased 9 x 9 x 2 inch baking pan. Sprinkle evenly with topping. Bake at 375° F about 35 minutes or until wooden toothpick inserted near center comes out clean.

Makes 9 servings.

*Folate-rich, flake-type cereals will have added folic acid. Check the Nutrition Facts label on the cereal package to choose a cereal which has 100% of the Daily Value for folic acid (also called folate) per serving.

**For lower fat coffeecake, substitute ½ cup applesauce for the ½ cup margarine.

note: T. = tablespoon; t. = teaspoon

PANCAKES

1 ½ cups all-purpose flour 2 cups folate-rich, flake-type cereal*
 1 T. baking powder 1 egg, slightly beaten
 ½ t. salt 1 ¾ cups milk
 2 T. sugar 2 T. vegetable oil

Stir together flour, baking powder, salt and sugar. Set aside. Crush cereal to measure 1 cup. Place in large mixing bowl. Stir in egg, milk, and vegetable oil. Let stand about 3 minutes or until cereal is softened. Add flour mixture, stirring only until combined. Batter will be lumpy. Dip up batter, using ¼ cup for each pancake. Pour onto greased and preheated griddle or frypan, spreading slightly. Cook, turning once, until golden brown on both sides. Serve with warm pancake syrup.

Makes about 15 pancakes.

note: T. = tablespoon; t. = teaspoon

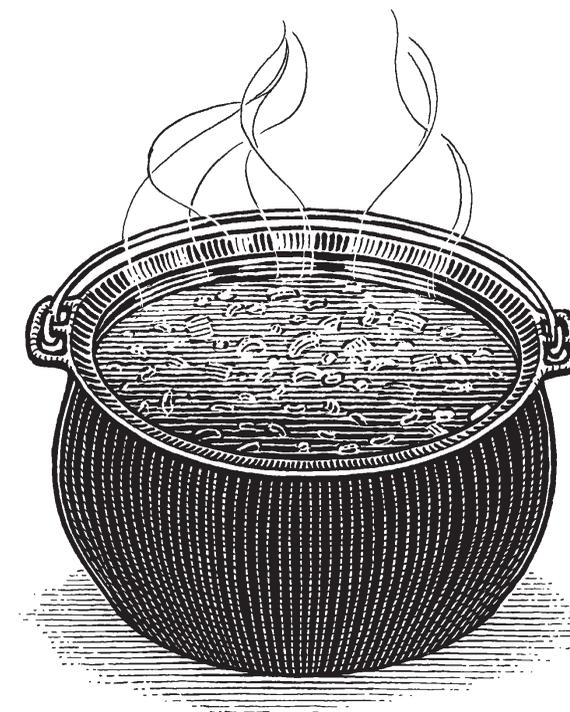
SHOPPING LIST: _____

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DH 150-370, 1/16

Recipes for a Good Start

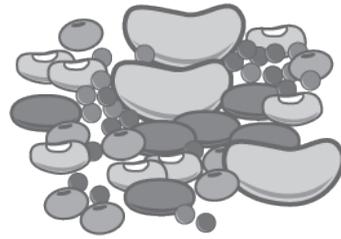


All the recipes in this pamphlet are good sources of folic acid (also called folate), a B-vitamin that can help prevent some serious birth defects such as spina bifida. Although folic acid is especially important for women during their “childbearing years,” everyone needs folic acid in their diet. Your whole family will enjoy and benefit from these foods.



Florida Department of Health
 WIC Program

EASY WAYS to COOK DRY BEANS, PEAS, and LENTILS



Use one of these methods to cook dry beans, peas and lentils when you need them cooked for a recipe. Remember, when dry beans, peas and lentils are cooked, they swell up with water. So, 1 cup of dry beans will make about 2½ cups, or even more, of cooked beans.

Cooking Lentils and Split Peas

Rinse and drain the lentils or split peas. Pick out any stems or stones. DO NOT SOAK! Place lentils or split peas in a saucepan with twice the amount of water as lentils or split peas. For example, use 2 cups water with 1 cup lentils or split peas. Cover with a lid; bring to a boil. Reduce heat and simmer for 30 minutes with the lid slightly ajar.

Cooking Dry Beans and Whole Peas (such as Black, Pinto, Kidney, Navy or Lima Beans; Chickpeas/Garbanzo Beans; Blackeye Peas; Dry Whole Peas)

1. Rinse beans or peas with water.
2. Pick out any stems, stones or wrinkled beans.
3. Combine 2 cups dry beans and 10 cups water in a large pot.
4. Soak by either one of these methods:

Quick Soak Method

Heat to boiling. Let boil 2 to 3 minutes. Remove from heat. Cover and set aside for 2 to 4 hours or more.

OR

Regular Soak Method

Let stand in water at least 8 hours or overnight; no refrigeration needed. Cover. Replace the water at least once during this time.

5. Drain soaked beans.
6. Add 8 cups fresh water to the beans in this same large pot. The water should be about ½ inch above the beans.
7. Bring to a boil and simmer (gentle boil) on low heat for 2 to 3 hours or until tender. Cover with a lid; leave the lid slightly ajar. Add more water as needed to keep the beans covered with liquid.

CUBAN BLACK BEAN SOUP

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| 1 cup dry black beans | 1 carrot, chopped |
| 1 tablespoon vegetable oil | 1 teaspoon garlic powder |
| 1 medium onion, chopped | 2 cups canned chicken or vegetable broth |
| 1 green pepper, chopped | lemon juice, to taste |
| 1 stalk celery, chopped | chopped fresh chives or onions |

Cover beans with water in saucepan. Cover and bring to a boil. Boil 2 minutes. Remove from heat and let stand 2 hours. Drain and return beans to saucepan. Cover with cold water. Bring to boil; reduce heat. Cover and simmer 1½ hours or until almost tender. Drain. Heat oil in large skillet over medium heat. Add onion, green pepper, celery, carrot and garlic powder. Sauté 3 minutes. Add to beans in saucepan. Add broth. Cover and simmer 45 to 60 minutes or until beans are tender. Cool slightly. Puree half of soup using sieve, blender or food processor. Return to pan with remaining soup. Add lemon juice to taste. Heat slowly until hot. Garnish with chopped chives or onions just before serving.

Makes 6 to 8 servings.

BEANS AND GREENS

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| 1 cup any dry beans | 1 teaspoon mustard |
| 1 large onion, chopped | 1/2 teaspoon garlic powder |
| 2 teaspoons vegetable oil | 2 cups washed and torn fresh spinach |
| 3 tablespoons lemon juice | pepper to taste |

Cover beans with water in saucepan. Cover and bring to boil. Boil 2 minutes. Remove from heat and let stand 2 hours. Drain and return beans to saucepan. Add onion. Cover with cold water. Bring to boil; reduce heat. Cover and simmer 2 to 3 hours or until tender. Drain and place in large bowl. While still hot, toss with oil, lemon juice, mustard and garlic powder. Cover and refrigerate until chilled. Toss with spinach and season with pepper just before serving.

Makes 4 servings.

LENTIL CONFETTI SALAD

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| 1/2 cup dry lentils | 1/2 teaspoon salt, optional |
| 1 cup cooked rice | 1/2 cup bottled low-fat Italian dressing |
| 1/2 cup diced tomato | |
| 2 tablespoons chopped onion | 1/4 cup chopped green pepper |
| 2 tablespoons chopped carrot | 2 tablespoons chopped celery |

Wash and drain lentils. Cover with water in saucepan; add salt. Bring to a boil; reduce heat. Cover and simmer 30 minutes. DO NOT OVERCOOK. Drain and mix with cooked rice. Stir in Italian dressing. Cover and refrigerate until chilled. Add remaining ingredients. Mix well. Cover and refrigerate at least 1 hour before serving.

Makes 4 to 6 servings.

VEGETARIAN SLOPPY JOES

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| 1½ cups dry kidney beans | 2 tablespoons vinegar |
| 2 tablespoons vegetable oil | 1 teaspoon sugar |
| 1 cup chopped onion | 1/8 teaspoon dried oregano |
| 1 cup chopped green pepper | 1/8 teaspoon cayenne pepper |
| 1 cup tomato sauce | 4 to 6 hamburger buns |

Cover beans with water in saucepan. Cover and bring to boil. Boil 2 minutes. Remove from heat and let stand 2 hours. Drain and return to saucepan. Cover with cold water. Bring to boil; reduce heat. Cover and simmer 2 to 3 hours or until tender. Drain and set aside. Heat oil in large skillet over medium heat. Add onion and green pepper. Sauté 3 minutes. Add cooked, drained beans, tomato sauce, vinegar, sugar, oregano and cayenne pepper. Simmer, covered, 10 to 15 minutes, stirring occasionally. Serve on buns.

Makes 4 to 6 servings.