

Recipes For A Healthy Pregnancy

Your Healthy Baby Prenatal Benefit is intended to help you eat well during your pregnancy. Enjoy cooking and eating foods that are good for both you and your developing baby.

Cheesy Ground Beef Casserole

Preheat your oven to 350°F
Grease a medium size casserole dish.
In a pot bring to a boil:
4 cups water

Stir in:

1 1/2 cups uncooked macaroni
Bring water to a boil. Cook for about 8 minutes.
Drain the macaroni and set aside.
In a large fry pan, add:
1 pound (454 grams) ground beef (or you can use deer or moose meat)
1 small onion, chopped
Cook until ground beef is browned.
Drain cooked ground beef.

Add:

1 can (284 mL) mixed vegetables
Salt and pepper to taste
1 can tomato soup (undiluted)
Cooked macaroni
Place mixture in casserole dish.

Top with:

3/4 cup grated cheese
(or you can use 4 cheese slices instead)
Bake in oven at 350°F uncovered for 30 minutes.

This recipe is easy to make and full of the nutrients that you and your unborn baby need. Get other great recipes at your Healthy Baby program.

Rice Pudding

Put into a pot:

2 cups cooked rice (brown is healthier)
1 1/2 cups of milk
1/4 cup sugar (or less)
1/4 cup raisins
1/2 teaspoon cinnamon
1/4 teaspoon salt

Mix well.

Turn stove on to low heat.
Cook and stir until mixture gets thick.
This will take about 20 minutes.

This recipe is an excellent source of calcium. Your unborn baby needs calcium to build strong bones and teeth. You need it too! Attend a Healthy Baby program and get free milk coupons.

Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.



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