

Recipes for Families with a Child Exposed to Lead



Certain vitamins and minerals, like calcium, iron and vitamin C, can help reduce the amount of lead a child exposed to lead absorbs in their system. The following are examples of recipes that have ingredients that can provide good sources of these vitamins and minerals.

Vegetable & Fruit Recommendations

Vegetables high in vitamin C:

- Tomatoes
- Potatoes
- Brussels Sprouts
- Cauliflower
- Broccoli
- Cabbage
- Spinach
- Green and red bell peppers

Fruits high in vitamin C:

- Citrus fruits, such as orange and grapefruit
- Strawberries
- Raspberries
- Blueberries
- Cranberries
- Kiwi fruit
- Mango
- Papaya
- Pineapple
- Watermelon

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Nepali Recipes

Palak Paneer (palung paneer)

Ingredients:

- 2 T vegetable oil
- 2 lb spinach, chopped
- 2 tomatoes, chopped
- 2 onions, chopped
- 7 oz paneer, in cubes
- 2 chilies, chopped
- 1 inch piece of fresh ginger, grated
- 1/4 cup whole milk



Stir fry the spinach for 5 minutes and puree in a food processor. Sauté the onion and the chili in the vegetable oil for a few minutes, add the rest of the ingredients, heat for 5 minutes, until all is thoroughly heated.

Adapted from Worldcook.net - Source: <http://www.worldcook.net/Cooking/Veggie/VE-GreenPasta.htm>

Potato with bamboo shoots and black-eyed beans (aaloo tama)

Ingredients:

- 1/2 cup (95 g) dried black-eyed beans
- 2 tbsp vegetable oil
- 1/2 onion, sliced
- 1/2 tsp finely grated ginger
- 1 small clove garlic, crushed
- 2 potatoes (300 g), peeled and diced
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp chilli flakes
- salt, to taste
- 50 g sliced bamboo shoots
- Chopped cilantro, to garnish



Instructions:

Soak black-eyed beans overnight. Drain the water when ready to cook.

Pour oil into a saucepan and place over medium heat. Once the oil is hot, sauté the onion, ginger and garlic until golden. Add the potato and soaked beans to the pan and sauté for few more minutes, stirring regularly, then add the cumin, ground coriander, chili and salt. Once you smell the spicy aroma (1-2 minutes), add 1 liter (4 cups) boiling water and simmer until the potatoes and beans are tender.

Add bamboo shoots and simmer until warmed through. If using fresh bamboo shoots, simmer until tender. Garnish with cilantro and serve.

Recipe adapted from SBS.com - Source: <http://www.sbs.com.au/food/recipes/potato-bamboo-shoots-and-black-eyed-beans-aaloo-tama>

Middle Eastern Recipes

Fattousch Salad

Yield: 3-4 servings

Ingredients

- 2 tablespoons olive oil
- Juice from 1 lemon
- 1 **teaspoon** sumac
- 1 **1/2 teaspoon** pomegranate molasses (or honey)
- 1 **teaspoon** salt
- **1/2 bunch** of kale, cleaned and roughly chopped (or spinach)
- 2 persian cucumbers, diced
- **1/2** red onion, diced
- **5 to 6** leaves mint, minced
- **Handful** of Italian parsley, minced
- **12** cherry tomatoes, halved



Directions

In a small bowl, whisk together the olive oil, lemon juice, sumac, pomegranate molasses and salt. To a medium bowl, add the kale. Pour about half of the dressing over the kale and massage, for about 2 to 3 minutes until the leaves soften slightly. Add the diced cucumber, red onion, mint, Italian parsley and cherry tomatoes; pour in the rest of the dressing and toss until thoroughly coated. Serve with whole wheat pita.

Recipe courtesy of PBS and Fresh Tastes - Source: <http://www.pbs.org/food/recipes/fattousch-salad-zatar-pita-chips/>

Middle Eastern Stuffed Pitass

Ingredients

- **10 oz** hummus, any variety
- **10 oz** baby spinach (or chopped spinach)
- 1 cucumber, peeled and sliced
- 2 tomatoes, diced
- **1/2** yellow or red onion, thinly sliced
- **1/2 cup** fresh mint leaves
- **1/2 cup** feta cheese, crumbled
- **6** whole wheat pita pockets



Directions

Put all the ingredients in separate bowls so each family member can design their own sandwich. Warm the pita in the microwave oven for about 1 minute until they are very warm and soft. Cut them in half crosswise (so you have 2 semicircles), then cut the pocket open so you can fill it. Spread a layer of hummus in each pita half and top it with all the fillings or whichever sound good to you!

Adapted recipe courtesy of PBS - Source: <http://www.pbs.org/food/recipes/middle-eastern-stuffed-pitas/>

Somali Recipes

Ful sahan (Fava beans in a spicy tomato sauce)

Yield: 2-3 servings

Ingredients

- **1 400g can** of fava beans (washed and drained), or cooked beans
- **1 large onion**, minced
- **1 large tomato**, diced
- **1 large clove garlic**, minced
- **1 tablespoon** berbere
- **½ tsp** cumin
- **1 tablespoon** fresh cilantro for garnish
- **1 tablespoon** olive oil
- Salt to taste



Instructions

Sauté the onion and garlic until soft, about 4 minutes. Add the diced tomato and cook for about 5 minutes. Add berbere, cumin and fava beans and cook for about 10 minutes. Serve with whole grain bread or anjera.

Adapted recipe courtesy of Abderazzaq Noor - Source: <http://www.somalikitchen.com/ful-sahan-fava-beans-in-a-spicy-tomato-sauce.html/>

Lentil and Sweet Potato Salad with Yoghurt and Tahini

Yield: 6-8 servings

Ingredients

- **2** medium sized sweet potatoes, cut into round discs of about 1 cm thickness
- **200g** (7 oz) cherry tomatoes, cut into halves
- **800g** lentils, cooked
- **120g** rocket salad leaves (also known as arugula)
- **1** red bell pepper, diced
- **1** tablespoon olive oil
- **1** teaspoon ground turmeric
- **1** teaspoon ground cumin
- **¼ cup** cilantro leaves, chopped
- **½ teaspoon** salt

Yoghurt and tahini dressing

- Juice of one lemon
- **1 tablespoon** tahini
- **2** cloves garlic, minced
- **3 tablespoons** thick yogurt
- Pinch of sugar and salt
- **1** red onion, cut into rings



Instructions

Coat the sweet potato in olive oil and roast for about 10 minutes on medium heat or until cooked through. Prepare the dressing by mixing all the lemon juice, onion, garlic, salt and sugar together and rest for about 5 minutes. This takes away the bite from the raw onion. Add in the yoghurt and tahini and mix into a smooth paste. Mix the lentils, tomatoes, rocket salad leaves (or arugula), bell pepper, tomatoes, cilantro, spices, and salt together. Spread the yoghurt and tahini dressing on a large serving plate. Start arranging the salad in layers, starting with placing the roasted sweet potato discs on top of the dressing. Pile the rest of the salad ingredients on top of the sweet potatoes. Serve with whole grain bread or anjera.

Adapted recipe courtesy of Abderazzaq Noor - Source: <http://www.somalikitchen.com/lentil-and-sweet-potato-salad-with-yoghurt-and-tahini-dressing.html/>

Somali Recipe for Sauce with Beans

Yield: 2 servings

Ingredients:

- **1 Can** of Chick Peas/Garbanzo Beans (15.5 oz)
- **1 Tomato**, chopped
- **1/2 Onion**, chopped
- **1 Teaspoon** of Cumin Powder
- **1/4 Teaspoon** of Chili Powder
- **1/4 Teaspoon** of Salt
- **1/4 Cup** of Tomato Sauce
- **2 Tablespoons** of Oil
- **1 Clove** of Garlic- crushed
- **1 Tablespoon** of Cilantro- crushed



Add oil to a pan and heat on medium-high. When hot, add onion and cook until soft. Once onion is soft, add tomato and cook until soft and reduced. Add remaining ingredients, beans with liquid, cumin powder, chili powder, garlic, cilantro, salt, and tomato sauce. Stir and cover. Reduce heat to medium and boil for 10 minutes, stirring occasionally. There should be some liquid left in the bean mix. Serve with whole wheat bread or anjera.

Adapted recipe courtesy of somalirecipes.com - Source: <http://www.somalirecipes.com/2013/02/somali-recipe-for-sauce-with-beans.html>

Vegetable Recipes

Braised Collard Greens

Yield: 6 servings

Ingredients

- **1 tablespoon** butter
- **2 tablespoons** vegetable oil
- **1** onion, chopped
- **3** garlic cloves, chopped
- **2 pounds** collard greens, thick stems trimmed and leaves coarsely chopped
- **2 cups** low-salt chicken broth
- **1 tablespoon** red wine vinegar



Preparation

Melt butter with vegetable oil in heavy large pot over medium-high heat. Add onion and garlic and sauté until tender, about 6 minutes. Add greens and sauté until beginning to wilt. Stir in broth; bring to boil. Reduce heat, cover, and simmer until greens are very tender, stirring occasionally, about 35-45 minutes. Stir in vinegar. Season with salt and pepper.

Adapted recipe courtesy of Bon Appetit and Piedmont Restaurant Durham - Source: <http://www.bonappetit.com/recipe/braised-collard-greens>

Curried Broccoli

Yields: 4 servings

Ingredients

- **2** tablespoons olive oil
- **¼** bunch broccoli, finely chopped (1 ½ cups)
- **1** teaspoon curry powder
- **1** cup canned chickpeas, rinsed
- **1/3** cup golden raisins
- kosher salt



Directions

In a large saucepan, heat the oil over medium-high heat. Add the broccoli and cook, tossing occasionally, until tender, 2 to 3 minutes. Add the curry powder and stir to combine. Stir in the chickpeas, raisins, 1 cup water, and ½ teaspoon salt and bring to a boil.

Adapted recipe courtesy of realsimple.com and Dawn Perry - Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/curried-broccoli-couscous?print>

Mashed Potatoes and Broccoli

Yields 4 servings

Ingredients

- ½ bunch broccoli, finely chopped (3 cups)
- 1 pound Yukon gold potatoes, peeled and cut into 1/2-inch pieces
- ¼ cup sour cream
- 2 tablespoons unsalted butter, softened
- kosher salt and black pepper



Directions

Fill a large saucepan with 1 inch of water and fit with a steamer basket. Bring the water to a boil. Place the broccoli and potatoes in the basket, cover, and steam until very tender, 10 to 12 minutes. Drain the vegetables well and return them to the pot. Add the sour cream, butter, ½ teaspoon salt, and ¼ teaspoon pepper and mash to desired consistency.

Adapted recipe courtesy of realsimple.com and Dawn Perry - Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/mashed-potatoes-broccoli?print>

Roasted Brussels Sprouts with Pecans

Yields 8 servings

Ingredients

- 2 pounds Brussels sprouts, trimmed and halved
- 1 cup pecans, roughly chopped
- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- Salt and black pepper



Directions

Heat oven to 400° F. On a large rimmed baking sheet, toss the Brussels sprouts, pecans, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Turn the Brussels sprouts cut-side down. Roast until golden and tender, 20 to 25 minutes.

Recipe courtesy of realsimple.com and Sara Quessenberry - Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/roasted-brussels-sprouts-pecans?print>

Spinach Salad With Tomatoes, Pepper, and Feta

Yields 4 servings

Ingredients:

3 tablespoons olive oil
1 ½ tablespoons fresh lemon juice
½ small clove garlic, crushed
salt and black pepper
5 ounces baby spinach (6 cups)
1 cup grape tomatoes, halved
1 yellow bell pepper, sliced
1 cup broken pita chips
2 ounces Feta, crumbled (1/2 cup)



Directions:

In a large bowl, whisk together the oil, lemon juice, garlic, ¼ teaspoon salt, and ⅛ teaspoon black pepper. Add the lettuce, tomatoes, bell pepper, pita chips, and Feta and toss to coat. Season with ¼ teaspoon each salt and black pepper.

Adapted recipe courtesy of realsimple.com and Charlyne Mattox - Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/herb-salad-mix-tomatoes-feta>

Basic Green Smoothie Recipe

Yields 1 large smoothie (1 to 2 servings)

Ingredients:

2 cups cold water
1 banana, cut into chunks
1 orange, peeled and separated into segments
½ apple (your favorite variety), peeled, cored, and cut into chunks
½ lemon, peeled and separated into segments
½-inch piece of fresh ginger, peeled and minced
2 cups baby spinach



Directions:

1. Add all ingredients to a blender and puree until smooth and completely combined. Drink all at once, or separate into two servings. The smoothie can be stored in an airtight container in the refrigerator for up to one day. When it comes out of the fridge, it will have thickened, so give it a brisk stir (or use a small whisk) and enjoy!

Adapted recipe courtesy of browneyedbaker.com - Source: <http://www.browneyedbaker.com/green-smoothie-recipe/>

Fruit Recipes

Tropical Spinach Smoothie

Yields 2 servings (1 cup)

- 1/2 cup frozen chopped spinach
- 1 cup frozen mango or pineapple
- 1 cup plain yogurt
- 1 tablespoon honey

Place all ingredients in a blender, process until smooth. Serve immediately.

Adapted recipe courtesy of myrecipes.com - Source: <http://www.myrecipes.com/recipe/mango-licious-smoothie>



Chilled Blueberry Soup

Yields 4 servings (3/4 cup)

2 cups fresh blueberries (2 6-oz containers)
1 cup 100% apple juice
1 1/2 cups plain low-fat yogurt
1 T honey
1/4 tsp cinnamon

Directions

Rinse blueberries and set aside a few for garnishing; blend all ingredients in blender. Serve right away. Garnish with mint leaves and blueberries, if desired.

Recipe courtesy of Fruits and Veggies More Matters - Source: <http://www.fruitsandveggiesmorematters.org/chilled-blueberry-soup-recipe>



Recipes compiled by Columbus Public Health; 12/2015