

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 21



**FRESH RX FOR MOMS**  
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

## Cooking 101

One of the best ways to control what goes into your meals is by cooking at home. Healthy cooking can increase the nutritional quality of meals, provide extra flavor to foods, and promote healthy eating behaviors. Foods that are prepared using healthy cooking methods retain more nutrients and can reduce fat, salt, and added sugar intake. Below are some basic cooking tips to help you improve your cooking skills and prepare nutritious, good tasting meals.

Cooking Method	What is it?	Foods
<b>Baking or Roasting</b>	<b>Uses hot, dry air typically in an oven</b>	<b>Fruits, vegetables, seafood, lean cuts of meats. Good for baked goods, casseroles, or roast veggies and meats.</b>
<b>Boiling</b>	<b>Heat a pot of water and place food in the water to cook</b>	<b>Meats and dense vegetables can be boiled. Good for pot roasts, soups, and stews.</b>
<b>Sautéing</b>	<b>Constant flipping of food over high heat using fat, like olive oil.</b>	<b>Tender vegetables, tofu, and thin cuts of lean chicken, beef, fish, and/or pork.</b>

Make sure when prepare foods, especially meats, you are cooking to minimum recommended internal temperatures.

<b>Beef, pork, veal, lamb (steaks, roasts, chops)</b>	<b>Beef, pork, veal, lamb (ground)</b>	<b>Fish</b>	<b>Eggs</b>	<b>Turkey, chicken, and duck (whole, pieces, ground)</b>
<b>145 °F</b>	<b>160 °F</b>	<b>145 °F</b>	<b>160 °F</b>	<b>165 °F</b>

# Seasonal Recipe



## Fall Vegetable Salad

**Servings: 8   Prep time: 20min   Cook time: 15-20mins**

### INGREDIENTS

- 1 cup of quinoa or brown rice**
- 1 bunch of kale**
- 1 medium bulb fennel**
- 1 small beet**
- 1 medium apple**
- 1 clove garlic**
- 1/2 cup nuts or seeds (walnuts, almonds, pumpkin seeds, etc.)**
- 1 medium lemon**
- 1/4 cup apple cider vinegar**
- 1 tablespoon of Dijon mustard**
- 1/4 cup of olive oil**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**

### DIRECTIONS

- 1. Cook grains following package directions. Transfer to a large bowl to cool.**
- 2. Rinse fennel, greens, beet and apple.**
- 3. Cut any long stalks and fronds of fennel. Quarter fennel and cut out core. Slice thinly.**
- 4. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly.**
- 5. Peel and cut beet into 1/4-inch cubes. Cut apple into 1/4 cubes.**
- 6. Peel and mince garlic.**
- 7. In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.**
- 8. Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds.**
- 9. Add vinegar, minced garlic and mustard to lemon juice. Whisk to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.**
- 10. When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts.**

**FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit [www.fcmarket.org](http://www.fcmarket.org).**

**FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.**