

# Pregnant or a New Parent?



## 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**  
(you can also use ground chicken, turkey, 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.



### Banana Bread

**Preheat oven to 350°F.**

**1 1/4 cups flour**

**1 tsp baking soda**

**1/2 tsp baking powder**

**1/2 cup chopped nuts (optional)**

**3/4 cup sugar**

**1 egg**

**1/2 cup Low fat yogurt**

**1/4 cup vegetable oil**

**1 cup (2 med) banana, ripe and mashed**

**1 tsp vanilla**

Lightly coat a loaf pan (9" x 5")  
with cooking spray.

In a bowl, combine flour, baking soda, baking powder and nuts, if using.

In a large bowl, mix sugar, egg, yogurt, oil, bananas and vanilla.

Add dry ingredients to egg mixture and stir until dry ingredients are just moistened. Pour into baking pan.

Bake for 50 – 60 minutes or until toothpick inserted in centre comes out clean. Cool 5 minutes; remove from pan and cool for an additional hour.



These are easy recipes to make and full of the nutrients you and your unborn baby need. Attend a Healthy Baby Program and get a Favorite Family Foods cookbook.

## Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.