

# Healthy Recipes for **Breastfeeding Moms**



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## Nutrition Tips for Breastfeeding Moms

After you have your baby, focus on getting enough calories so your body can heal itself after delivery. Mothers who breastfeed need additional calories, protein and fluids to help fuel their bodies and aid with milk production. Follow the MyPlate guidelines ([choosemyplate.gov](http://choosemyplate.gov)) to ensure you are getting a variety of foods, and thus, a variety of nutrients. Drink a glass of water or other beverage every time you nurse. Limit intake of soft drinks and juices to avoid excess sugar.

### **Postpartum Daily Suggested Intake:**

- At least 3 cups of low-fat or fat-free dairy foods
- At least 3 cups of vegetables, particularly dark green or orange vegetables
- At least 2 cups of fruit
- Approximately 6 servings of whole grain foods
- Approximately 6 oz of protein
- Approximately 15 cups of fluid, mainly water

Continue taking your prenatal vitamins or a daily multivitamin that includes close to 100% of the daily value of nutrients. The recipes in this book have been chosen based on their nutritional value plus ease in preparation and cooking.





## Slow Cooker Turkey Chili

- 1.5 lbs. (24 oz) lean ground turkey
- 1 small onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 tsp minced garlic
- 1 (8 oz) can tomato sauce
- 1 (28 oz) can diced tomatoes
- 2 tbsp chili powder
- 1 tsp cumin
- ½ tsp salt
- 1 (15 oz) can pinto beans, drained and rinsed

Optional toppings: diced avocado, shredded cheese, chopped green onions, sliced black olives, low-fat or fat-free sour cream (or plain Greek yogurt)

Brown turkey and onion in a medium nonstick skillet until turkey is no longer pink. Transfer to a slow cooker. Add remaining ingredients through salt. Stir to combine.

Cover with lid, and cook on high 4 hours, or low 8 hours.

At end of cooking time, stir in beans.

Serve in bowls with desired toppings.

### **Makes 8 servings**

*Your slow cooker can be a great help with a new baby at home. This recipe freezes well for later meals.*

## Chicken and Kale Pasta Bake

- 12 oz dried penne pasta (whole wheat)
- 1 tbsp olive oil
- ½ medium onion, chopped
- 1 tsp minced garlic
- 4 cups baby kale, coarsely chopped
- 15 oz part-skim ricotta cheese
- 1 cup shredded Italian blend cheese
- 1 tsp lemon juice
- 4 cups pre-cooked, chopped chicken

Preheat oven to 350°F.

Cook pasta according to package directions; drain, and set aside.

While pasta is cooking, heat olive oil in a large nonstick skillet over medium heat. Add onion and garlic, cook for about 2 minutes, stirring frequently. Add kale to skillet. Sauté for about 5 minutes or until kale is tender. Turn off heat and stir in cheeses, lemon juice and chicken.

Toss with drained pasta, and transfer to a 13" x 9" pan coated with cooking spray.

Cook uncovered for about 30 minutes, or until bubbly.

### **Makes 8 servings**

*This dish can be prepared ahead of time and heated before serving. Time-saver tip: use rotisserie chicken by removing the bones and skin, then dicing chicken into cubes.*

Kale is an excellent source of many vitamins and minerals, including Vitamins A, C, K, and Manganese.





## Taco Pie

- |   |   |
|---|---|
| 1 lb lean ground beef (95% lean)              | 1 cup reduced fat shredded Cheddar cheese |
| 1 small onion, chopped                        | 1 avocado, peeled, pitted and sliced      |
| 1 tbsp chili powder                           | 1 medium tomato, chopped                  |
| 1 tsp cumin                                   | 1 cup shredded iceberg lettuce            |
| 1 cup salsa                                   | 2 green onions, chopped                   |
| 1 (15 oz) can black beans, rinsed and drained | Cooking spray                             |
| 6 (6") corn tortillas                         |   |

Preheat oven to 350°F.

Cook beef and onion over medium heat in a large nonstick skillet until beef is no longer pink, stirring to crumble. Stir in chili powder, cumin, salsa and black beans.

Place 3 tortillas in a 9" pie plate coated with cooking spray. Top tortillas with half of beef mixture. Place 3 remaining tortillas over beef mixture, topping with remaining beef mixture. Sprinkle cheese over top.

Cover with foil and bake for 25 minutes.

Arrange avocado slices, tomato, lettuce, and green onions over top of pie. Cut into wedges to serve.

### **Makes 6-8 servings**

*Enjoy tacos without the messy hands! Serve with additional salsa if desired, and a cool fruit salad.*

## Baked Chicken with Potatoes and Carrots

- 1 tsp salt
- ½ tsp pepper
- 1 tsp dried rosemary
- ½ tsp dried thyme
- 8 bone-in chicken thighs, skin removed
- 2 tbsp olive oil
- 3 medium sweet potatoes, cut into large chunks
- 1 lb baby carrots
- ½ medium red onion, cut into wedges
- Cooking spray

Preheat oven to 375°F.

Prepare a large-rimmed baking sheet by lining with aluminum foil, and spraying with cooking spray.

Combine all ingredients in a large bowl, tossing well to combine. Spread evenly on prepared pan.

Cook for one hour, or until chicken is cooked through.

### **Makes 6-8 servings**

*One pan cooking makes for easy clean-up! If desired, substitute carrots with other root vegetables like beets or turnips.*

Sweet potatoes are an excellent source of vitamins A, B6, and C, as well as potassium and fiber.





## Shrimp and Rice Bowls

- 1 lb raw, peeled shrimp
- 1 tbsp sesame oil
- 1/4 tsp salt
- 1 tbsp honey
- 1 tbsp seasoned rice vinegar
- 1 tbsp soy sauce
- 1/2 tsp ground ginger (or 1 tbsp grated fresh ginger)
- 1 ripe avocado, pitted and sliced
- 1 cup snow peas, cut in half
- 1/2 cup cilantro
- 2 cups cooked brown rice
- Cooking spray

Whisk together oil, salt, honey, vinegar, soy sauce and ginger in a large bowl. Add shrimp, tossing to coat. Coat a large nonstick skillet with cooking spray; heat to medium-high. Cook shrimp in heated pan until pink, about 5 minutes, stirring frequently.

Arrange 1/2 cup of rice in each of 4 bowls. Divide cooked shrimp among bowls, topping with avocado slices, snow peas and cilantro.

### **Makes 4 servings**

*Cook a big pot of brown rice and store in the freezer, or choose instant rice for a time-saver. Try a little variety by substituting other whole grains like quinoa, bulgur or farro for rice.*

## Quinoa and Cauliflower Pilaf

- 2 cups low-sodium vegetable broth
- 1 cup pre-rinsed quinoa
- 1 1/2 cups packaged cauliflower "rice"
- 1 tbsp olive oil
- Juice and zest of 1 lemon
- Salt and pepper to taste
- 2 tbsp pine nuts, lightly toasted
- 2 green onions, chopped

Combine broth and quinoa in a medium saucepan, bringing to a boil over medium heat. Cover and reduce heat to low, simmering for 15-20 minutes, or until liquid is absorbed.

Stir in cauliflower "rice", cover and set aside.

Whisk oil, lemon juice, zest, salt and pepper in a small bowl. Pour dressing over quinoa, stirring to combine.

Stir in pine nuts and green onions.

### **Makes 4 servings**

*This makes a great side dish for dinner. It can also be tossed in a salad with some leftover protein like grilled chicken for lunch.*

**Quinoa contains protein, fiber and iron. It is quick cooking and can be used in place of rice in many recipes.**





## Roasted Vegetable Medley

3 medium zucchinis, sliced into ½-inch pieces and halved  
1 pint cherry or grape tomatoes, halved  
1 yellow bell pepper, sliced into ½-inch pieces  
1 medium onion, chopped  
1 tsp minced garlic  
½ tsp dried oregano  
Salt and pepper to taste  
3 tbsp olive oil  
Cooking spray

Preheat oven to 450°F.

Prepare a large-rimmed baking sheet by lining with aluminum foil, and spraying with cooking spray.

Toss all ingredients in a large bowl; transfer to prepared baking sheets.

Cook for about 20 minutes, or until lightly browned.

### **Makes 4 servings**

*Once the vegetables are chopped, the cooking is easy and hands-off. Make a complete meal by adding a lean protein like rotisserie chicken and a whole grain like quinoa or brown rice.*

## Mediterranean Green Beans

1 lb green beans, trimmed  
¼ tsp salt  
¼ cup sliced kalamata olives  
1 shallot, finely chopped  
1 tbsp red wine vinegar  
2 tbsp olive oil  
1 tsp whole grain mustard

Place green beans in a steamer basket over boiling water. Steam for about 5 minutes or until bright green and tender. Drain beans and transfer to a serving bowl.

Stir olives and shallots into beans; set aside.

Whisk together vinegar, oil, and mustard in a small bowl; pour over bean mixture, tossing to combine.

### **Makes 6 servings**

*Easy and colorful, this dish can be served hot or cold.*

*Look for pre-trimmed green beans in the produce section of your grocery store to save time.*

Healthy fat from olive oil or olives helps your body absorb the nutrients from vegetables.





## Banana Pancakes

- 3/4 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/4 cup ground flaxseed
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 ripe bananas, mashed
- 1 1/4 cups buttermilk
- 1 egg
- 1 tbsp butter, melted
- 1 tbsp brown sugar
- Cooking spray

Heat griddle or nonstick skillet over medium heat.

In a large bowl, combine flours, flaxseed, powder and soda.

In a smaller bowl, whisk together bananas, buttermilk, egg, butter and brown sugar. Add banana mixture to flour mixture, stirring just until combined.

Spray heated griddle or skillet with cooking spray. Pour 1/4 cup batter onto heated griddle or skillet. When bubbles form and edges of pancake appear dry, flip and cook other side until golden brown.

Repeat with remaining batter.

### Makes 4-6 servings

Top pancakes with nut or seed butter for a source of protein.

Ground flaxseeds are an excellent source of protein, fiber and omega-3 fatty acids. They may increase milk production if breastfeeding.

## Overnight Oats

- 1/3 cup oats
- 1/2 cup milk
- 1 tbsp chia seeds
- 1 tsp maple syrup
- 1/8 tsp ground cinnamon
- 2 tbsp chopped walnuts
- 1/2 cup blueberries

Combine oats, milk, chia seeds, syrup, and cinnamon in an airtight container. Top with walnuts and blueberries, without stirring. Seal container and place in refrigerator overnight.

**Makes 1 serving** (Double, triple or even quadruple this recipe for quick access to daily breakfast or snack!)

There's lots of room for experimenting with this recipe! Try some of these alternatives:

**Milk** – almond milk, coconut milk, cashew milk (look for unsweetened versions)

**Chia seeds** – ground flaxseed, wheat germ

**Maple syrup** – honey, agave nectar

**Cinnamon** – vanilla extract, brown sugar

**Walnuts** – almonds, pistachios, peanut butter (reduce to 1 tbsp)

**Blueberries** – chopped bananas, sliced strawberries, pomegranate arils, halved grapes, raspberries

Oats are a good source of soluble fiber, which may help reduce cholesterol and blood sugar levels. They may increase milk production if breastfeeding.





**Our registered dietitians** offer nutrition counseling for postnatal weight management, breastfeeding nutrition support and infant food allergies. For more information on nutrition services, call **225-924-8313**.







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