

Veggie Mini-Frittatas

31 mcg Folate (8% RDA)

INGREDIENTS:

- 3 large eggs (or egg substitute)
- 1 large bunch fresh spinach
- ¾ cup shredded reduced-fat cheese
- ¼ cup diced red or green peppers or mixture of both
- ¼ cup diced onions
- Salt to taste

PREPARATION:

1. Preheat oven to 350°F.
2. Spray the cups of a muffin tin with the cooking spray. Be sure not to omit this step, or the frittatas will stick badly to the baking cups.
3. Steam the spinach in the microwave, press out all juice, then chop.
4. Mix the spinach, eggs or egg substitute, cheese, peppers, onions, hot pepper sauce, and salt in a bowl.
5. Fill the muffin tin cups with the mixture.
6. Bake at 350F or 20 minutes. You will know they are done when a knife inserted in the middle comes out clean.
7. Remove from cups to serve.

Variations:

Fajita spice variation: Add fajita spice to taste at step 4 (a dash to ½ teaspoon). If you like it spicy, you may even want to add a bit of chopped jalapeno.

Indian variation: Add garam masala to taste at step 4 (a dash to ½ teaspoon).

Makes 12 mini-frittatas

Nutrition information per serving: Calories 40, Carbohydrate 1.5 g, Dietary Fiber .5 g, Protein 3.6 g, Total Fat 1.8 g, Saturated Fat .7 g, Trans Fat 0 g, Cholesterol 54.3 mg, Sodium 183.6 mg

Black Bean and Corn Pitas

157 mcg Folate (39% RDA)

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Prep time: 15 minutes

INGREDIENTS:

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- ⅛ teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- ⅓ cup shredded part-skim mozzarella cheese

PREPARATION:

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

Makes 4 servings, ½ pita per serving

Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

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Go Folic! is a project of the San Francisco Department of Public Health's Maternal, Child and Adolescent Health Section.

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Easy Snacks

1 Cup Strawberries

32 mcg Folate (8% RDA)
Calories 49, Carbohydrate 11.7 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat .5 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 1.5 mg

1 Orange, Sliced

30 mcg Folate (10% RDA)
Calories 62 g, Carbohydrate 15.5 g,
Dietary Fiber 3.1 g, Protein 1.2 g, Total
Fat .2 g, Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg

2 Tbs. Hummus and ¼ Whole Wheat Pita, Toasted

32 mcg Folate (8% RDA)
Calories 90, Carbohydrate 13.7 g,
Dietary Fiber 2.2 g, Protein 2.8 g,
Total Fat 2.9 g, Saturated Fat .4 g,
Trans Fat 0 g, Cholesterol 0 mg,
Sodium 147.1 mg

2 Tbs. Guacamole & 8 Corn Chips

4 mcg Folate (4% RDA)
Calories 178, Carbohydrate 19 g,
Dietary Fiber 3.8 g, Protein 2.6 g,
Total Fat 11.2 g, Saturated Fat 1.5 g,
Trans Fat 0 g, Cholesterol 0 mg,
Sodium 158.6 mg



Folate-Full Easy Recipes and Snacks

Veggie Tortilla Roll-Ups

100 mcg Folate (25% RDA)

Cut this easy-to-make and easy-to-eat wrap into slices and serve as a snack.

Prep time: 20 minutes

INGREDIENTS:

- 4 (7-inch) whole wheat tortillas
- 8 tablespoons (½ cup) nonfat cream cheese
- 2 cups fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper (red, green, orange, yellow, or a mixture)
- ½ cup chopped cucumber
- ¼ cup diced canned green chilies
- ¼ cup sliced ripe olives

PREPARATION:

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Makes 4 servings, 1 tortilla roll per serving

Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g

What is “GOING FOLIC”?

Folic acid is a very important B vitamin. “Going Folic” means getting enough folic acid and other B vitamins to be healthy. You need at least 400 mcg of folic acid every day.

Folic acid is very important for teen women. Your body is growing and changing very fast, making millions of new cells everyday. Your body uses folic acid to make these new cells. So Go Folic!

Folic Acid = Beauty from the Inside Out

Folic acid with other B Vitamins may give you:

- Strong and healthy hair, nails and skin
- Lower risk for breast, cervical, and colon cancer
- A healthier heart

If you ever decide to get pregnant, folic acid will help you have a healthy baby, too.

Tropical Fruit and Nut Snack Mix

48 mcg Folate (12% RDA)

A great snack to have on hand when you are on the go!

Prep time: 5 minutes Cook time: 20 minutes

INGREDIENTS:

- 1 tablespoon butter
- ¼ cup honey
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- Nonstick cooking spray
- ½ cup sliced almonds
- ¾ cup dried tropical fruit bits
- ½ cup banana chips
- ¼ cup raisins

PREPARATION:

1. Preheat oven to 350°F.
2. Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
3. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and toss with dried fruit. Let cool completely and serve.

Makes 5 servings, ¾ cup per serving.

Nutrition information per serving: Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Getting Folic Acid is Easy

- Take a daily multi-vitamin with 400 mcg of folic acid
- Or eat a bowl of cereal with 400 mcg of folic acid every morning (check the nutrition label)

Get extra folate (the form of folic acid in foods) by eating these foods: orange juice, strawberries, avocados, beans and lentils, cooked broccoli, cooked greens like spinach and collards, and “enriched” or “fortified” bread and pasta.

Zucchini Muffins

35 mcg Folate (9% RDA)

An easy-to-grab treat that everyone will love.

Prep time: 15 minutes Cook time: 25 minutes

INGREDIENTS:

- Nonstick cooking spray
- 2 eggs
- ½ cup applesauce
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- 1¼ cups whole wheat flour
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 cups grated zucchini (about 2 small)
- ½ cup raisins
- ⅔ cup toasted and chopped walnuts

PREPARATION:

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

Makes 12 servings, 1 muffin per serving.

Nutrition information per serving: Calories 142, Carbohydrate 21 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 35 mg, Sodium 168 mg