



EATING WELL WITH SICKLE CELL

High Energy Nutrition Recipes

Nemours[®]

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Let's Talk About Nutrition and Sickle Cell Disease

Good nutrition is very important for people with sickle cell disease. It helps to promote health and prevent complications. Children with sickle cell disease need a diet that provides plenty of calories, protein, vitamins and minerals. Their bodies use more energy because they break down red blood cells faster than other children do. Higher energy needs make it common for affected children to be shorter and thinner than their peers. Kids with sickle cell disease can often catch up to their peers if they meet their energy needs. **High calorie foods or extra snacks** can be helpful, and that is why we've developed this cookbook. We want to help you meet the energy needs of a child with sickle cell disease by preparing appealing calorie-dense meals and snacks. When the body has enough fuel, it will have an easier time replacing red blood cells.

Meeting **fluid** needs is also important for children with sickle cell disease. It's common for affected children to have problems with their kidneys and with fluid retention, so pushing fluids is often necessary. Extra fluid also helps prevent red blood cells from sticking, which can help with pain relief. It is important to know that when children with sickle cell disease are sick, they often lose fluids through vomiting, diarrhea, fever or reduced fluid intake, which can lead to dehydration. Fluid needs are also more intense during hot weather, when traveling, with lots of physical activity and when a child has a fever. In early adulthood, alcohol consumption can also cause dehydration. Signs of dehydration include dark urine, dry mouth, difficulty or burning when urinating, and sunken eyes. It's helpful for children with sickle cell disease to have extra water breaks to stay hydrated. It is also often helpful if the child carries a water bottle at school to sip on all day. If a note is required to carry a water bottle at school, please let us know.

Vitamin and mineral supplements are usually recommended for children with sickle cell disease. Often, affected children must take folic acid supplements as ordered by their doctor. Folic acid helps to produce new cells. Other supplements may be recommended as well, based on the child's needs. Please be sure to tell your doctor or nutritionist of any vitamin or mineral supplements your child is taking. Some supplements, such as those containing iron, can be a problem for children with sickle cell disease. For those with lactose intolerance (difficulty tolerating milk), lactose-free milk can be substituted for regular milk or Lactaid pills can be taken with the recipes that contain milk to improve tolerance.

Folic Acid Basics – What Is It? Where to Find It?

Folate is a type of B vitamin that helps to prevent anemia. Folic acid is also helpful in treating sickle cell disease because it helps to make and store red blood cells. Children with sickle cell disease have red blood cells that break down faster than an average person's, and folic acid helps to replace red blood cells.

Natural sources of folic acid include leafy green vegetables, fruits, dried beans and peas. Fortified (added folate) sources include breads, cereals, flours, corn meals, pastas, rice and other grain products. Keep these folate-rich foods in mind when making choices.

Good sources of folate include:

- peanuts
- avocado
- broccoli
- romaine lettuce
- spinach
- strawberries
- papaya
- asparagus
- corn
- orange juice
- enriched or fortified products





Tips for Easily Increasing Calories

Helping children with sickle cell meet their high energy needs can be tricky. It is important to know easy ways to help them get the calories they need without depending on “junk” food. There are high calorie options available that are healthy. Here are a few tips to increase calories:

- **Eat more frequently!** Try to get your kids to eat three meals a day and several snacks. Eating small meals several times a day usually works best.
- **Add calories** to low calorie but nutritious foods by:
 - adding oil when cooking vegetables or meat
 - serving peanut butter with bananas, apples or celery
 - using gravies and sauces
 - adding nuts, beans, cheese, dried fruits, etc., to salads
 - adding almonds or other nuts to cereal
 - adding powdered milk to soups, sauces, casseroles and hot cereal
- **Choose high calorie foods and snacks.** Avocados, nuts, whole milk and milk products are high in calories. Try mixing it up! Add nuts to yogurt or have some hummus with vegetables or crackers for a snack.
- **Avoid empty calories.** Instead of drinking sodas or sports drinks, get your kids to drink whole milk or juices. Whole milk contains protein, calcium, potassium, vitamin D and calories.
- **Supplement when necessary.** If you are worried about your child’s growth, there are high calorie supplements available. Supplements like PediaSure®, Ensure®, Boost®, or Carnation Breakfast Essentials® and Scandishake® are high in calories and protein. For children who are not meeting their nutritional needs through food alone, these supplements are an option. **Before starting these, though, make sure and let your doctor or nutritionist know.**

Ideas for Cutting Down on the Cost of Food

Grocery shopping can be a challenge when you are on a budget and looking to buy and make healthy, high calorie foods. There are many ways to stretch your food dollar so that you can buy/make nutritious foods and use them for more than one meal. You will not only save money this way, but may find cooking to be much easier. Here are a few tips for eating well on a budget:

- **Check the sales flyer.** Plan your meals and snacks for the week around what is on sale. Then make your shopping list and stick to it!
- **Include frozen, canned and dried forms of fruits and vegetables.** They are all healthy and handy for quick-fix meals and snacks.
- **Buy in season.** Although most fresh fruits and vegetables are available year-round, many are less expensive when they are in season.
- **When there are specials on fruits and vegetables, buy extra.** They can be frozen, or you can prepare a dish to be frozen for a busy night's dinner.
- **Compare prices among grocery stores.** Avoid shopping at convenience or corner stores because their food is more expensive.
- **Shop at grocery stores that sell store brand foods (like Acme or Giant).** Look at the top and bottom shelves in the grocery store aisles for these items. The most expensive items are at eye-level on the shelves.
- **Never shop on an empty stomach!** When you're hungry, you'll be more tempted to splurge.
- **Use caution with coupons.** Coupons are usually for more expensive items. Do not buy junk food or something you normally wouldn't buy, just because you have a coupon.
- **Make sure that the food you buy is fresh.** Sometimes, foods are on sale because they are close to going bad. Always check the expiration and "use by" dates on milk, meats, dairy, bread, etc.
- Are you a member of Costco or Sam's Club? **Buy in bulk only when it makes sense and check the unit price of the item.** Not all bulk items are bargains. Only buy something in bulk if it's a food that your family eats often. Otherwise it may spoil before you have a chance to use it. Try to buy only non-perishable foods in bulk (dried beans, grains and canned foods).
- **Make food from scratch.** You pay more for the convenience of pre-made items.
- **Prepare more so you have leftovers.** Use them for lunch or dinner, freeze them, or create a new dish.



- **Use leftover vegetables** in stir-fry dishes, soups, stews and for making veggie patties.
- **Replace half the meat.** Substituting half the meat in a recipe with beans and/or vegetables will reduce fat and increase fiber. This also saves money.
- **Shop locally.** Your local produce stand or farmer's market can be a great source of healthy bargains. For the best deals, shop often and look for reduced produce or end-of-the-day specials. Farmer's markets usually have dried fruits that are a great source of extra calories!
- **Grow your own.** Start a garden in your backyard or a container garden on your patio. Enjoy homegrown fruits and vegetables all season long.
- **Buy apples, oranges, grapefruit, potatoes and onions by the bag.** Do not buy by the piece – it is cheaper and will fill more lunch bags and cover more meals.
- **Avoid the temptation of buying bagged/washed lettuce, cabbage and carrots.** They cost more and you get less.
- **Use canned fish and chicken** for sandwiches, enchiladas, casseroles and salads. Canned meats are usually less expensive.
- **Buy bigger boxes of food items instead of individual bags.** Plan ahead if you need to have snacks on the run, and pack them in plastic bags and travel cups.
- **Beans are the cheapest, healthiest source of protein that you can buy,** in addition to having a lot of fiber.





{ Breakfast Recipe Ideas }

Ingredients

- 1 cup cooked instant oatmeal
- 1 tsp brown sugar or honey (optional)
- 1 tbsp raisins
- $\frac{2}{3}$ cup whole milk or Lactaid milk
- dash of cinnamon (optional)

**powdered milk or peanut butter can also be added to increase calories*

Ingredients

- 6 eggs, beaten
- $\frac{1}{3}$ cup milk or Lactaid milk
- $\frac{1}{4}$ cup onion, chopped, or 1 tsp onion powder
- $\frac{1}{4}$ cup all-purpose flour
- 1 (10-oz) package frozen chopped spinach, thawed and drained
- 1 (16-oz) package small curd cottage cheese
- 1 (16-oz) package shredded cheddar cheese
- $\frac{1}{2}$ cup butter, melted
- salt and pepper to taste

Quick and Easy Oatmeal

Servings: 2

Directions

1 Combine all ingredients in a microwave-safe bowl. Heat for two minutes on high or until thoroughly heated. Or, combine all ingredients in a small pot and cook on the stovetop on medium heat. Stir for five minutes or until thoroughly heated. Raisins on top add a nice flavor and lots of fiber.

2 Serve hot.

Egg and Spinach Casserole

Servings: 8

High in folic acid — tastes great!

Directions

1 Preheat an oven to 350°F. Spray a 9 x 13-inch baking dish with cooking spray.

2 Beat the eggs in a mixing bowl with the onion and flour. Mix until the flour is no longer lumpy. Stir in the spinach, cottage cheese, cheddar cheese, butter, salt and pepper until evenly combined. Pour into the prepared dish.

3 Bake in the preheated oven until the casserole is bubbly and the top is golden brown, about 45 minutes.

Ingredients

- 1 (2-pound) package frozen hash brown potatoes, thawed
- $\frac{2}{3}$ cup melted butter or margarine
- 1 (8-oz) container sour cream
- 1 can condensed cream of broccoli soup
- $\frac{1}{2}$ cup chopped onions (optional)
- $2\frac{1}{2}$ cup shredded cheddar cheese
- 1 tsp salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $2\frac{1}{2}$ cup crushed corn flakes cereal
- $\frac{1}{2}$ cup melted butter

**feel free to add other vegetables like green peppers or spinach*

Ingredients

- 1 cup oatmeal
- 1 cup whole milk
- 2 eggs
- $\frac{1}{4}$ cup brown sugar
- 1 tsp baking powder
- 1 tsp cinnamon

Any kind of fruit, nuts, mix-ins

Some favorite combinations: 1 banana sliced and 1 cup of berries (buy frozen berries and thaw them out: raspberries, blueberries, etc.) and $\frac{1}{4}$ cup milk chocolate chips. Another idea is peaches (frozen, then thawed) chopped up with nuts such as pecans or walnuts.

Hash Brown Casserole

Servings: 8

Directions

- 1 Preheat oven to 350°F
- 2 In a large bowl, combine hash browns, $\frac{2}{3}$ cup melted butter, cream of broccoli soup, sour cream, chopped onion, cheddar cheese, salt and pepper. Place mixture in a 3-quart casserole dish.
- 3 In a saucepan over medium heat, sauté cornflakes in $\frac{1}{2}$ cup melted butter. Sprinkle the mixture over top of the casserole.
- 4 Bake covered in preheated oven for 40 minutes.

Baked Oatmeal

Servings: 3

Directions

- 1 Mix together oatmeal, brown sugar, baking powder, cinnamon and mix-in of your choice in a medium bowl. Pour mixture into a 13 x 9-inch pan sprayed with cooking spray.
- 2 Mix milk and egg together in a separate bowl and pour evenly over the oatmeal mixture.
- 3 Bake in the oven at 350°F for 30-40 minutes – until the oatmeal no longer “jiggles.”

This can be kept in the fridge for several days and heated up in the microwave for a quick breakfast or even a snack! Adding nuts boosts folic acid!



Ingredients

3 slices bacon or ham

3 large eggs

½ cup whole milk or Lactaid milk

¼ cup cheddar cheese

Salt and ground pepper to taste

**add other vegetables as you like*

High Calorie Scrambled Eggs

Servings: 3

Directions

1 Cook bacon or heat up ham in skillet for about 3-5 minutes over medium heat. Remove from skillet and remove excess fat.

2 In bowl, beat eggs with 2 tbsp of whole milk, add salt and ground pepper to taste. Pour into hot frying pan. Crumble bacon (or chop ham) and add to eggs. Cook for about 3-5 minutes or until eggs are cooked to satisfaction.

3 Top with cheese and cook until melted.

Ingredients

2 cups all-purpose flour

¼ cup packed brown sugar

1 tbsp baking powder

1 tsp salt

½ tsp ground cinnamon

1 cup old-fashioned rolled oats
(not instant oatmeal)

1½ cups whole milk or Lactaid milk

2 large eggs

½ cup vegetable oil, plus more
for skillet

3 ripe bananas mashed

Cinnamon Banana Oat Pancakes

Servings: 4

Directions

1 In medium bowl, combine flour, sugar, baking powder, salt, cinnamon and 1 cup of oats. Blend in a food processor or blender to coarsely grind oats.

2 In large bowl, whisk together milk, eggs, bananas and vegetable oil. Add dry ingredients and 1 cup of oats. Whisk together. Mixture may be lumpy.

3 Heat a large skillet (nonstick or cast-iron) or griddle to medium heat. Lightly oil pan/skillet. Use 2 to 3 tablespoons for each pancake. Drop batter into skillet and cook until a few bubbles have burst (about 1-2 minutes). Flip pancakes and cook until browned (about 1-2 minutes). Repeat.



{ Smoothies and Shakes }

Try adding 1-2 tbsp of wheat germ to 8 oz. of smoothie for added calories and fiber. It is a great source of folic acid, and will not change the flavor of the smoothie. Wheat germ can be found at most grocery stores near the flour.

Also try adding ice to make the smoothie extra cold and yummy!

Ingredients

- ½ cup whole milk or Lactaid milk
- ½ cup yogurt
- ½ frozen banana, peeled and chopped
- 2 tsp honey
- ½ cup frozen strawberries

Ingredients

- ½ cup grape juice
- 6 ounces yogurt (vanilla or plain)
- 1 cup red seedless grapes

Ingredients

- 1 banana, sliced
- ½ cup peanut butter
- ½ cup milk
- 2 tbsp honey

All-Around Good Smoothie

Servings: 2

Directions

- 1 In a blender, blend all ingredients until smooth.

Grape Ape Smoothie

Servings: 2

Directions

- 1 In a blender, blend all ingredients until smooth.

Peanut Butter Banana Smoothie

Servings: 1

Directions

- 1 In a blender, combine all ingredients except honey. Blend until smooth.
- 2 Pour into glass and drizzle with honey.



Ingredients

- 1 large nectarine, pitted and quartered
- 1 banana, cut into pieces and frozen
- 1 large orange, peeled and quartered
- 1 cup vanilla yogurt
- 1 cup orange juice

Sunshine Smoothie

Servings: 2

Directions

- 1 In a blender, blend all ingredients until smooth.

Ingredients

- $\frac{1}{3}$ cup heavy cream
- $\frac{1}{2}$ cup whole milk or Lactaid milk
- 1 cup canned peaches, drained
- $\frac{3}{4}$ cup ice cream

Peaches and Cream Smoothie

Servings: 2

Directions

- 1 In a blender, blend all ingredients until smooth.

Ingredients

- $\frac{1}{2}$ banana (frozen or fresh)
- $\frac{1}{2}$ cup pineapple or mango (frozen or fresh)
- $\frac{1}{2}$ tbsp peanut butter
- $\frac{1}{2}$ cup Greek yogurt
- $\frac{1}{3}$ cup whole milk or Lactaid milk
- 2 cups baby spinach

Green Monster Spinach Smoothie

Servings: 2

C'mon, just try it!

Directions

- 1 In a blender, blend all ingredients until smooth. If using fresh fruit, add about $\frac{1}{4}$ cup of ice.





{ Packing Lunch }

Ingredients

2 boneless, skinless chicken breasts cooked and shredded (can use canned chicken or rotisserie chicken, cut up)
¾ cup mayonnaise
½ tsp lemon juice
1 tsp mustard
¾ cup canned mandarin orange segments
8 (6- to 8-inch) pita bread pockets
1 bag of salad greens
pepper and salt to taste

Citrus Chicken Salad Pita Sandwich

Servings: 4

Directions

- 1 Stir together mayonnaise, lemon juice and mustard in medium bowl. Season with salt and pepper.
- 2 Combine shredded chicken and mayo mixture.
- 3 Add in orange segments.
- 4 Cut 1 inch from top of each pita to open pocket. Fill each pita with greens and ½ cup chicken salad.

Fun Hummus Lunch Ideas

Hummus is a great way to add calories and protein – if you have never tasted it, give it a try! It can be found in the grocery store often by the cheese spreads.

- Make a hummus sandwich by putting hummus and your favorite vegetables on some wheat bread or pita and enjoy a fun lunch!
- Use hummus as a dip for vegetables, chips, crackers or bread sticks. Hummus comes in many different flavors so you're sure to find one you like!



Classic Sandwiches with a Twist

- Instead of peanut butter and jelly ... try peanut butter, honey and bananas on your favorite whole wheat bread.
- Instead of plain tuna salad ... try adding diced apples and cheddar cheese to your tuna salad sandwich.
- It's a wrap! Consider turning your favorite salad, such as tuna, chicken or egg salad, into a wrap!



Healthy Side Dishes for a Bagged Lunch

- Fruit cups or dried fruit – pineapple, banana chips, etc., can be found at your local farmers market usually for less than the grocery store cost.
- Applesauce in flavors such as pomegranate or cranberry-raspberry (also with no sugar added)
- Nuts or seeds (if age and allergy appropriate), such as walnuts, pistachios, peanuts or sunflower seeds
- Raw veggies such as carrot sticks, sugar snap peas, celery and plum tomatoes
- Cheese sticks
- Granola and nut-based snack bars
- Yogurt in individual containers (keep it cold by packing with a reusable ice pack or a small water bottle that has been frozen).





{ Smart Snacking Recipes }

Ingredients:

- 1/3 cup honey
- 1/3 cup dark brown sugar
- 2/3 cup creamy peanut butter
- 2/3 cup crunchy peanut butter
- 1 tsp cinnamon
- 5 cups raisin bran
- 3/4 cup chopped dried cranberries or raisins

**Ingredients**

- 1/2 cup cashews
- 1 cup walnuts
- 3/4 cup raisins
- 3/4 cup dried cranberries
- 1 cup peanuts
- 1 cup semi-sweet chocolate chips

Peanut Butter Bars

Servings: 8

Directions

- 1 Put honey in a large pot on medium heat.
- 2 Add sugar. Stir until melted and mixture begins to bubble.
- 3 Add cinnamon and stir until dissolved. Stir peanut butter into the honey mixture until smooth.
- 4 Remove from heat. Stir in raisin bran and dried fruit.
- 5 Press firmly into an 8 x 8 pan lined with foil that overlays ends.
- 6 Refrigerate for several hours or overnight.
- 7 Cut into squares and enjoy!



Trail Mix

Servings: 6

(Nuts=Folic Acid!)

Directions

- 1 Mix all ingredients in a large bowl. Store in airtight container and refrigerate. Keep on hand as an afternoon snack or a quick breakfast.

Ingredients

- 2 tbsp olive oil
- 2 cups rolled oats
- ½ cup butter
- 2 tbsp honey
- ½ cup packed brown sugar
- ½ cup chopped nuts
- ½ cup dried cranberries or other dried fruits

Granola

Servings: 8

Directions

1 Heat the oil in a large skillet over medium-high heat. Add oats. Cook and stir until they start to brown and crisp, about 5 minutes. Remove from heat. Spread out on a cookie sheet to cool.

2 Melt the butter in the same pan over medium heat. Stir in the honey and brown sugar. Cook, stirring constantly, until bubbly. Return the cooled oats to the pan. Cook and stir for another 5 minutes. Pour out onto the cookie sheet. Spread to cool.

3 Once cool, transfer to an airtight container. Stir in the nuts and dried fruit.





Ingredients

- 2 cups fresh strawberries
- ¼ cup frozen white grape juice concentrate, thawed
- 2 tbsp sugar
- 1 tbsp fresh lime juice
- 3 tbsp water

Strawberry Popsicle

Servings: 8

Directions

- 1 Combine strawberries, white grape concentrate, sugar, lemon juice and water in a blender and process until smooth.
- 2 Pour the mixture into eight individual popsicle molds. Freeze until completely firm.

Ingredients

- 4 celery sticks
- 2 tbsp peanut butter
- ½ cup raisins

Ants on a Log

Servings: 4

Directions

- 1 Spread peanut butter on celery sticks.
- 2 Place raisins on top of peanut butter.





{ Main Courses and Side Dishes }

Ingredients

- 4 cups baby spinach leaves, torn into bite-size pieces
- 1 pint sliced strawberries
- 1 small red onion, sliced and separated into rings
- ½ cup chopped nuts (optional)
- ½ cup honey-mustard dressing or homemade dressing

Homemade dressing ingredients

- ⅓ cup sugar
- ⅓ cup vinegar
- 2 tsp poppy seed
- ½ tsp dry mustard
- ⅓ cup salad oil
- ⅓ cup water

Strawberry Spinach Salad

Servings: 6

Directions

- 1 Combine all ingredients in bowl. Add salad dressing to taste.



Ingredients

- 3 cups instant brown or white rice (brown is more nutritious!)
- 1 tbsp canola oil
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- 1 (15-oz) can black beans, rinsed and drained
- 1 (15-oz) can small white beans, rinsed and drained
- 1 (16-oz) can vegetarian baked beans
- 1 (14.5-oz) can diced tomatoes
- ½ cup barbecue sauce

BBQ Rice and Beans

Servings: 4

Directions

- 1 Prepare 3 cups of instant brown rice according to package directions. Cover rice and set aside.
- 2 In a large skillet over medium-high heat, heat the oil. Add the onion and peppers. Cook until tender, about 8 minutes.
- 3 Add the remaining ingredients. Stir well to mix. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.
- 4 Serve beans over the rice.

Ingredients

4 boneless, skinless chicken breasts
½ cup shredded cheddar cheese
½ can condensed cream of chicken soup
¾ cup chicken broth
¾ cup stuffing mix
½ cup melted butter
2 cups minute brown or white rice

Creamy Chicken and Rice Dish

Servings: 4

Directions

- 1 Prepare 2 cups of quick-cooking rice according to package directions. Cover and set aside.
- 2 Preheat oven to 350°F.
- 3 Arrange chicken in a lightly greased baking dish.
- 4 Top chicken with shredded cheese.
- 5 In a medium bowl, combine soup and chicken broth. Mix well.
- 6 Pour soup mixture over chicken.
- 7 In a medium bowl, mix stuffing crumbs and butter. Put crumbs on top of chicken.
- 8 Bake for 45-50 minutes. Make sure chicken is no longer pink inside.
- 9 Serve chicken with cooked rice.

Ingredients

4 whole grain pita bread rounds
8 ounces mozzarella cheese
¾ cup pizza sauce
Italian seasoning
Any toppings – mushrooms, green peppers, pineapple, etc.

Pita Pizza

Servings: 4

Healthier and lower cost than frozen pizza!

Directions

- 1 Lay out pitas on baking sheet. Top with sauce then cheese and toppings. Sprinkle with Italian seasoning. Spray top with cooking spray to help keep the top moist while cooking.
- 2 Bake in oven at 400°F about 15 minutes or until cheese is melted.

Ingredients

- ⅓ cup sugar
- ½ cup white vinegar
- ½ cup canola oil
- ¾ cup cooked noodles, such as spaghetti (optional)
- 1 package (16-oz) broccoli slaw (or you can use fresh broccoli that is cut in small pieces)
- ½ cup nuts
- 1 can (15-oz) mandarin oranges, drained

Broccoli Slaw

Servings: 4

Directions

- 1 Combine sugar, vinegar, oil in large resealable plastic bag. Shake well to mix.
- 2 Add broccoli slaw. Shake well to coat with dressing.
- 3 Refrigerate for at least six hours. Shake bag occasionally to mix the salad.
- 4 Transfer to a serving bowl.
- 5 Add nuts, mandarin oranges, and noodles if desired, and mix gently.

Ingredients

- 2 cups pasta (whole wheat is most nutritious), cooked, drained and rinsed (use penne, bow ties, rotini, elbows, whatever you prefer)
- 2 cloves garlic, minced
- 1 large broccoli tree, chopped into bit-sized pieces
- 1 medium carrot, cut into thin strips
- ⅓ cup green peas
- 2 tbsp olive oil
- 1 tbsp Italian dressing
- ⅓ cup Parmesan cheese

Warm Pasta Salad

Servings: 4

Directions

- 1 Cook pasta according to directions and set aside.
- 2 In a large skillet sauté garlic and vegetables for 10 minutes. Stir often.
- 3 Add pasta and Italian seasoning to vegetables. Gently combine with a large spoon or spatula.
- 4 Sprinkle Parmesan cheese over pasta mixture. Cover and cook for two more minutes.

Ingredients

- 2 tbsp olive oil
- 2 potatoes, shredded
- ¼ cup chopped onion
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 1 cup diced ham
- 6 eggs
- 1 tbsp milk or Lactaid milk
- ½ cup shredded mozzarella cheese
- ½ cup shredded white cheddar cheese
- 1 tbsp chopped fresh basil



Asparagus, Potato & Onion Frittata

Servings: 4

(Consider adding spinach and/or broccoli in place of the asparagus)

Directions

- 1 Preheat oven to 350°F (175°C). Grease a 9 x 13-inch baking dish.
- 2 Heat the olive oil in a large skillet over medium heat; cook and stir the shredded potato and onion in the hot oil until the potatoes begin to brown, about 5 minutes.
- 3 Season with salt and pepper.
- 4 Add the asparagus and ham and continue cooking until the asparagus is tender, another 5 to 7 minutes; transfer to the prepared baking dish.
- 5 Whisk the eggs and milk together in a small bowl; pour evenly over the dish.
- 6 Scatter the chopped basil, mozzarella and white Cheddar cheeses over the top of the potato mixture.
- 7 Bake in the preheated oven until set in the middle, 20 to 25 minutes.





Ingredients

- 1 pound ground beef
- 2 tbsp vegetable oil
- 1 10-oz package frozen chopped onions
- 1 10-oz package frozen chopped green pepper
- 1 tbsp bottled minced garlic
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp salt
- 2 14.5-oz cans crushed tomatoes
- 1 15-oz can lentils, rinsed and drained
- 2 15-oz cans red kidney beans, black beans or pinto beans, rinsed and drained
- 1 15-oz can whole kernel corn, drained

Ingredients

- 1 whole wheat tortilla
- ½ cup shredded cheddar cheese
- ½ cup baby spinach leaves
- ½ cup chunky salsa

Chili

Servings: 4

(Also high in folic acid!)

Directions

- 1 In a large pot over medium heat, heat the vegetable oil.
- 2 Add the onion, pepper and garlic, and cook until tender, about 10 minutes.
- 3 Add the chili powder, cumin and salt, stirring well to mix. Cook for 2 minutes to release flavors, stirring frequently.
- 4 Add the tomatoes, lentils, kidney, black or pinto beans, and corn, stirring well to mix.
- 5 Bring to a boil, cover, reduce the heat to low and simmer for 10 minutes.



Mexican Grilled Cheese (Cheesy Tortillas)

Servings: 2

Directions

- 1 Sprinkle the shredded cheese on half of the tortilla
- 2 Place spinach leaves on top of the cheese (consider adding black beans or other vegetables such as peppers or tomatoes)
- 3 Fold tortilla in half
- 4 To cook in microwave: place tortilla between two paper plates and cook until cheese is melted To cook in oven, wrap tortilla in tin foil and bake at 350 degrees for 15 minutes.
- 5 Cut tortilla into triangles and dip into salsa.

Ingredients

1 tsp olive oil
1 onion, chopped
2 cloves garlic, minced
 $\frac{3}{4}$ cup uncooked white rice
1 $\frac{1}{2}$ cups vegetable or chicken broth
1 tsp ground cumin
dash cayenne pepper
 $3\frac{1}{2}$ cups canned black beans, drained

Ingredients

4 garlic cloves crushed
1 tbsp cooking oil
 $\frac{1}{4}$ cup low sodium beef broth
2 tbsp low sodium soy sauce
4 pork chops, trimmed of excess fat
1 tbsp vinegar

Black Beans and Rice

Servings: 4

(Beans=folic acid!)

Directions

- 1 In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and saute for 4 minutes. Add the rice and saute for 2 minutes.
- 2 Add the broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans and mix well.

Asian Pork Chops

Servings: 4

Directions

- 1 Make marinade by mashing the garlic with oil, beef broth, soy sauce and vinegar until blended.
- 2 Place the pork chops in a container large enough to hold them in a single layer.
- 3 Pierce them with a fork several times.
- 4 Pour marinade over, turn to coat. Cover and refrigerate 1 $\frac{1}{2}$ hours turning once (or overnight).
- 5 Place in preheated broiler and broil for 10 minutes each side.



This book is made possible through the generosity of the Alpha Kappa Alpha Sorority, Inc., Zeta Omega Chapter and its charitable arm, The Pearls of Hope Foundation, Inc.

The recipes in this handbook were developed by Michell Fullmer, RD, LDN, pediatric nutritionist for the Sickle Cell Program at Nemours/Alfred I. duPont Hospital for Children. In addition, Megan O'Neill, RD, LDN, Mary Catherine Perry and the Episcopal Church of Saints Andrew and Matthew, Wilmington, Del., assisted in making this project possible.

Nemours is a leading pediatric health system focused on superior health outcomes and family-centered care. Nemours/Alfred I. duPont Hospital for Children is a full service children's hospital in Wilmington, Del. The Sickle Cell Program at duPont Hospital within the Nemours Center for Cancer and Blood Disorders serves more than 250 infants, children and adolescents with sickle cell disease. Our program is staffed by a highly trained and experienced health care team including board-certified pediatric hematologists, advanced practice nurses, psychologists, dietitians, social workers and child life therapists. The program supports the entire family as they navigate through the diagnosis and treatment of this chronic blood disorder. **At Nemours, our goal is to treat every child as we would our own and to help children with sickle cell disease reach their full potential.**

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