

Iron-Rich Recipes

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Chocolate Chip Pumpkin Muffins

1 egg	1
2 cups white sugar	500 mL
1 cup canola oil	250 mL
1/2 cup molasses	125 mL
1 14 oz can pumpkin	398 mL
3 cups enriched white flour	750 mL
2 tsp baking soda	10 mL
1 tsp cinnamon	5 mL
1 cup chocolate chips	250 mL

Beat eggs and sugar. Add oil, molasses and pumpkin. In a separate bowl combine flour, baking soda and cinnamon. Add dry ingredients slowly to the pumpkin mixture. Fold in chocolate chips. Spray muffin pans with nonstick cooking spray. Bake in preheated 180° C (350°F) oven for 20 minutes. Makes 24 large muffins.

Note: To make these muffins higher in iron and more “heart healthy” replace half of the oil with applesauce, 1/2 cup flour with bran and use raisins instead of chocolate chips.

Per Muffin: Calories 230 Carbohydrate 35 g Protein 2g Fat 8g Iron 2.2 mg

Chili

1 lb lean ground beef	500 g
1 19 oz can diced tomatoes	540 mL
1 14 oz can beans in tomato sauce	398 mL
1 14 can red kidney beans, drained	398 mL
1 cup cooked lentils	250 mL
1 cup diced green bell peppers	250 mL
1 cup diced red sweet pepper	250 mL
1 cup white or red onion, chopped	250 mL
1 Tbsp plain or hot chili powder	15 mL

In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside. Drain fat. Add tomatoes, beans in tomato sauce, red kidney beans, lentils, green peppers, red peppers, onions and chili powder. Reduce heat and simmer, covered and stirring occasionally for 20 to 30 minutes. Serves 6.

Per Serving: Calories 395 Carbohydrate 43g Protein 28g Fat 14g Iron 7.1 mg
*Excellent Source of Iron

This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.

Pork Tenderloin with Roasted Potatoes

1 12 oz (375 g) pork tenderloin	1
2 tsp orange marmalade	10 mL
2 tsp Dijon mustard	10 mL
1 tsp vegetable oil	10 mL
2 cups potatoes cut into 1 inch (2.5 cm) pieces	500 mL
1 Tbsp lemon juice	15 mL
1 tsp crumbled dried rosemary	5 mL

Pat pork tenderloin dry; place in center of baking dish. In a small bowl, combine marmalade, mustard and 1/2 tsp (2 mL) of the oil; brush over pork. In a medium bowl, toss potatoes with remaining oil; arrange around pork. Sprinkle pork and potatoes with rosemary. Bake in preheated 190^o C (375^oF) oven for 40-50 minutes. Cut pork in to 1/2 inch (1 cm) slices before serving. Serves 3.

*Per Serving: Calories 236 Carbohydrate 18g Protein 30g Fat 5g Iron 4.2 mg
* Good Source of Iron*



Notes

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