

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
½ cup	molasses	125 mL
1	can (14 oz/398 mL) pumpkin	1
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	can (19 oz/540 mL) diced tomatoes	1
1	can (14 oz/398 mL) beans in tomato sauce	1
1	can (14 oz/398 mL) red kidney beans, drained	1
1 cup	cooked lentils	250 mL
1 cup	green bell peppers, diced	250 mL
1 cup	red sweet pepper, diced	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

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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

Pork Tenderloin with Roasted Potatoes

12 oz	pork tenderloin	375 g
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°C (375°F) 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

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