



From Poppy Seed to Pumpkin
A Cookbook for Expecting Mothers

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Trimester 1



Fertilization ~ 13 Weeks



Whole Wheat Lemon Poppy Seed Muffins



Baby at 4 Weeks - Size of a Poppy Seed.

makes 8 muffins

1 C whole wheat flour
1 tsp baking powder
1/8 tsp baking soda
Pinch of salt

1/3 C + 1 T sugar
Zest and juice from 2 small lemons
1/4 C + 1 T non fat Greek yogurt
1 tsp vanilla extract
1/4 C canola oil
1 1/2 T poppy seeds

Preheat oven to 400 degrees.
In a large bowl, mix the sugar with the lemon zest, until the sugar turns a pale yellow color. In the same bowl, mix together the flour, baking soda, baking powder and salt.

In a smaller bowl, mix together the lemon juice, egg, Greek yogurt, vanilla extract and oil, until well combined. Pour the wet ingredients into the dry and mix until just combined. {Do not over mix}. Gently fold in the poppy seeds.

Grease a muffin tin {I use Baker's Joy} or use muffin liners, and pour the batter into the wells. Bake for 15-17 minutes, or until a tooth pick comes out clean.



The poppy seeds add a nice hint without being too strong of a flavor!



Baby at 5 Weeks - Size of a Sesame Seed.

Sesame Seed Honey Candy

makes 24 pieces

1 C hulled sesame seeds
1/3 C honey

Pinch of sea salt
1/8 tsp ground cinnamon
1/8 tsp vanilla extract
Olive oil for baking sheet

Brush a small baking sheet with olive oil and set aside.
Heat a cast iron skillet over medium heat and when it is hot to the touch, add the sesame seeds and continually stir with a wooden spoon.
Cook for 4-6 minutes, or until they start to turn golden brown.
Next, add the honey, sea salt, cinnamon and vanilla and continually stir.
Stir until the sesame seeds are covered in honey and the mixture starts to thicken a little. This will only take a few minutes. Spread the mixture out onto the oiled baking sheet and push around the seeds with the back of the wooden spoon to make an even later.
Score the candy into 1 inch by 1/4 inch pieces and set pan aside until the candy is cool enough to touch, but still warm enough to manipulate the candy. Grease hands with non-stick spray or olive oil and roll the pieces into little logs. Allow to cool before eating. Store in an air tight container.



Great when you need a stick sweet treat!





Baby at 6 Weeks - Size of a Lentil.

Bacon, Poblano & Lentil Soup

serves 6

1 large poblano pepper
6 oz thick cut bacon, cut into small pieces
3 carrots, chopped

2 stocks of celery, including leaves, chopped
1 large onion, chopped
3-4 cloves of garlic, diced
8 cups of reduced sodium chicken stock
2 tsp smoked paprika
1 tsp ground cumin
1/2 tsp ground chipotle powder
1 pound of lentils



Great for a cold rainy day!

Turn the broiler on high and place poblano on a small baking sheet. Broil for a few minutes, turning a few times, until all sides are charred. Remove from oven and place poblano in a brown paper bag and fold down the top and let it steam for about 5 minutes. Remove from bag and peel off the charred skin. Remove the stem and seeds and give the pepper a rough chop, and set aside.

In a bottom pot or french oven, cook the chopped bacon for a few minutes over medium heat until the fat begins to render. Add in the carrots, celery and onion and cook for about 5 minutes. Add the garlic and poblano and cook for 1 minute. Pour in the chicken stock and lentils and bring to a boil. Reduce heat to a simmer and cover. Cook lentils for 30-40 minutes, or until tender. When the lentils are cooked, use immersion blender and blend soup to desired texture. I blended mine about 3/4th the way and left a little unblended so it would have some good texture. Top with Greek yogurt and green onions {optional}.



Baby at 7 Weeks - Size of a blueberry.

Blueberry Oatmeal Bake

serves 6

2 1/2 C old-fashioned oats {not quick cooking}
2 T flaxseed meal {ground flaxseed}
1 tsp baking powder
1 tsp ground cinnamon

1/2 tsp freshly grated nutmeg
1/2 tsp kosher salt
Zest of one lemon, divided
2 T light butter, melted and cooled
2 C unsweetened almond milk
1 large egg
1/2 C 100% maple syrup
1 tsp vanilla extract
2 C fresh blueberries



Makes for a very filling breakfast!

Preheat oven to 375 degrees and grease a 9 inch pie dish or an 8X8 inch baking dish.
In a large bowl, mix together the oats, flaxseed meal, baking powder, cinnamon, nutmeg, salt and half of the lemon zest.
In a small bowl, mix together the butter, milk, egg, syrup and vanilla.
Spoon half of the oat mixture in the baking dish and then top with half of the blueberries.
Top the blueberries with the remaining oat mixture, then sprinkle the remaining blueberries on top.
Pour milk mixture over oats. Sprinkle remaining lemon zest over oatmeal.
Bake for 35-40 mins, or until the oatmeal is light golden brown around the edges and the middle has set up.



Baby at 8 Weeks - Size of a kidney bean.

Kidney Bean & Hamburger Pasta

serves 8

1 onion, chopped
1 lb lean ground hamburger
13.25 oz box whole wheat elbow noodles

Boil and drain the pasta.
Meanwhile, in a large skillet, cook the onion and hamburger over medium heat. Stir in the chili powder. When the meat is done, add the drained kidney beans and the diced tomato sauce to the skillet and mix together.

When the pasta is done, add the noodles to the large skillet and mix. Cover and let simmer for a few minutes so the flavors all mix together.

Serve warm and top with shredded cheese. I also used a few green onions to give it some color.



Tastes just like a hamburger without the bun!



Baby at 9 Weeks - Size of a Grape.

Triple Grape Chicken Salad

serves 4

1 rotisserie chicken, skin and bones removed, chopped
{about 3 1/2 C}

3/4 C miracle whip
3/4 C chopped pecans
1/2 lemon, juiced
1 stock celery, chopped
2 C grapes, 3 varieties {I used green, red and red globe from Chile}

In a large bowl, mix chicken with miracle whip. Add the lemon juice, pecans and celery and stir to combine. Cut grapes in half or fourths and gently fold into chicken salad. Serve cold.

Eat this up with crackers, wrapped up in lettuce cups or just by itself. This was also my first time using a rotisserie chicken in my chicken salad. Uh, yum! Not sure why I haven't tried that before. I got a plain chicken, marked "savory," *pulled the chicken off the bone, removed the skin and chopped it up. This is such a great time saver if you don't want to cook your own chicken!

*For more information, visit Google.



The sweetness of the grapes really stands out from the recipe!



Baby at 10 Weeks - Size of a Kumquat.

Kumquat and Sweet Potatoe Quinoa

_____ serves 6
1 C quinoa
1 1/2 C water

1 sweet potato, cooked and diced
12 kumquats
1 T olive oil
1 T honey
1/4 tsp salt

Soak quinoa in hot water for 5 minutes, then drain and rinse. Place quinoa and water in a bot and bring to boil. Lower the heat to a simmer and cover. Cook for about 20 minutes or until the quinoa has absorbed the water and is tender.

Meanwhile, slice the kumquats into little discs and remove any seeds.

Once the quinoa is cooked, pour into a serving dish with the sweet potatoes, kumquats, olive oil, honey and salt.

Gently stir everything together. Serve warm.



Make sure to keep the rind on the kumquats to keep the consistency of the dish. For more information, visit [Google](#).



Baby at 11 Weeks - Size of a Fig.

Fig Crostini with a Honey and Walnut Goat Cheese Spread

_____ makes 8 pieces
French baguette
Olive oil

4-6 oz pasteurized goat cheese
1/2 C chopped walnuts
2 T honey
4 black mission figs, halved
Balsamic vinegar

Cut the baguette into 1/2 inch slices and brush both sides with olive oil. Place in the oven under low broil for a few minutes, until the tops are golden brown. Meanwhile, mix together the goat cheese, walnuts and honey in a small bowl. When the bread is golden brown, take out of the oven and top with goat cheese spread.

Place back in the oven for an additional minute, just until the goat cheese spread has softened. Top with sliced figs and drizzle with balsamic vinegar.

*I bought a French baguette for this recipe, but I have seen whole wheat baguettes at Panera Bread before.



I typically buy the baguettes at Panera Bread.

Steak Soft Tacos with Lime - Cilantro Marinade



Baby at 12 Weeks - Size of a Lime.

_____ makes 4 tacos
Chipotle-Lime Cilantro Steak
Soft Tacos:
2 lbs flank steak or chuck tender steak
Chipotle-Lime Cilantro marinade
Small tortillas
Fresh lime juice
Cilantro

Put everything in the food processor except for the oil, and pulse a few times. Stream in the oil until everything starts to move together. You will notice that I did not put measurements for the salt, pepper or oil. I don't think it needs much salt because of all the other flavors it has going on. As for the oil, the amount will differ depending on how much juice you get out of your limes. It should look something like this when it is blended together. Reserve about 1/4th of the marinade for extra sauce for the tacos. Cover and place in the fridge for later. Marinade the steak for at about two hours, turning or moving the bag around every 30 minutes or so. Once the steak is done, remove from grill and cover for a few minutes so the juices can re-distribute in the meat. Then, cut it into slices like fajita meat.

Marinade:
Zest and juice from two limes
1 bunch of cilantro
4 cloves of garlic, peeled and smashed
1/2 small red onion, chopped
1 small jalepano, seeds and ribs removed, roughly chopped
1/2 tsp chipotle powder
1/2 tsp cumin
1/2 tsp smoked paprika
Olive oil



For best results, cut meat into bite sizes cubes.



Baby at 13 Weeks - Size of a Medium Shrimp.

Bang Bang Shrimp

_____ serves 4
1 lb medium peeled shrimp
Vegetable oil for frying
Sauce:
1/2 C light mayonnaise
4-5 tsp Sriracha (chili garlic sauce)
1 tsp sugar
1 tsp rice vinegar

Beat the egg and milk together in a shallow dish and set aside. Mix together the ingredients for the breading in a shallow dish and set aside. Cover a baking sheet or large plate with parchment paper. To bread shrimp, dip shrimp in breading, dip in egg mixture, then back in breading. Place breaded shrimp on covered baking sheet. Once all shrimp is breaded, place baking sheet in the fridge for about 20 minutes. Meanwhile, heat the oil in fryer to 350 degrees. Don't worry if you don't have a fryer; you can also fry these in a shallow skillet over medium high heat. Fry shrimp in batches for 2-3 minutes or until golden brown. Drain on paper towels. Once all the shrimp is fried, place them in a large bowl and add in about 1/2 of the sauce. Gently stir shrimp and sauce together to coat shrimp. Add more sauce as needed.

Egg mixture:
1 egg
1/2 to 1 C skim milk
Breading:
3/4 C panko bread crumbs
3/4 C all purpose flour
1 1/2 tsp garlic salt
1/2 tsp onion powder
1/2 tsp dried basil
1/2 tsp black pepper
Topping:
Scallions, chopped



Adding scallions are optional, but are a personal favorite!



Trimester 2



14 Weeks ~ 27 Weeks



Baby at 14 Weeks - Size of a Lemon.

Lemon Orzo Primavera with Toasted Almonds

____serves 6

1 lb orzo
Chicken stock {or salted water}*
1 lb asparagus, cleaned and stems
snapped off
3-4 cloves of garlic, chopped

1 Tbs olive oil
Zest and juice of 1 large lemon or 2
small lemons
1 C shredded Parmesan cheese
1/2 C toasted, slivered almonds

In a large pot, bring the chicken stock to a boil. Add the orzo to the pot and give it a quick stir. Cook to al dente. This will only take a few minutes because the pasta is small. Drain and pour into serving dish. Add the olive oil and stir. Add the zest and juice of the lemon(s), and stir in the Parmesan cheese to melt.

Meanwhile, heat a pan over medium heat and cut the asparagus into inch long pieces. Cook the asparagus until almost done, then add the chopped garlic to the pan. Finish cooking and remove from heat. Add asparagus and almonds to the orzo mixture and combine. Serve and top with additional Parmesan and almonds.

I just served this up with grilled chicken for dinner and it was a great, light meal. I love when your pasta dish also contains your vegetables! It's like you're not even eating them!



Adding extra parmesan is always a good idea!

Apple Pie Peanut Butter Oatmeal

____serves 1

1/2 C old fashioned rolled oats
1 apple

1/2 tsp cinnamon
Dash of freshly grated nutmeg
1 scoop of natural peanut butter



Baby at 15 Weeks - Size of an Apple.

Stir oats and water together in a bowl and microwave for minute. Meanwhile, chop the apple into small pieces. Remove bowl and stir in spices. Stir in apple pieces microwave for 2 minutes, stirring half way through.

Heat longer if apples are not tender. Remove from microwave and stir in scoop of peanut butter. {This is the best part!} The peanut butter will get all melty and combine everything together.

Serve.



Any kind of apple would taste great in this recipe!
For more information, visit [Google](#).





Baby at 16 Weeks - Size of an Avocado.

Creamy Avocado Pasta

serves 6-8

1 box whole wheat linguine pasta
2 room temperature, ripe avocados,
skin and pit removed
Juice from a lemon
3-4 cloves garlic

2/3 C shredded Parmesan cheese
Pinch of sea salt
Sun dried tomatoes, sliced
Fresh basil leaves
Extra Parmesan cheese

In a large pot, boil water, add pasta and cook to al dente.

Meanwhile, blend the avocado, lemon juice, garlic, Parmesan, and sea salt in food processor. Drain the pasta and return pasta and sauce to the pot. Stir together, until sauce is warm. Serve pasta and top with sun dried tomatoes, fresh basil and Parmesan cheese.

This amazing sauce is so rich and creamy and only has 5 ingredients! It is so full of flavor that I didn't add any meat to the dish.



Add some grilled, sliced chicken to make it a complete meal!

Parmesan Garlic Mashed Turnips

serves 6-8

3 lb turnips, peeled and diced into
1 inch cubes {about 8 C}

1 small potato
1 T salt
4 cloves of garlic
1 T light butter, + 2 T butter
1/4-1/2 C milk {I used 2%}
1 C shredded Parmesan



Baby at 17 Weeks - Size of a Turnip.

Remove the skins from the turnips, dice and place in a large pot. Place the potato in with the turnips. This will get rid of the bitter taste of the turnips. Cover turnips with cool water and place on the stove. Add salt and bring to a boil. Reduce heat to medium and cover. Cook for about 15 minutes or until tender. While the turnips are cooking, in a small sauce pot, cook the chopped garlic on low heat for a minute or so. Add a T of light butter and cook for a minute more. Add the milk and stir to combine. This will serve as the cream in the mash. Let the milk simmer, stirring often. When the turnips are finished cooking, drain and remove potato. Pour turnips back into pot and mash with potato masher. Stir in the garlic milk mixture a little at a time, then stir in the remaining butter.



Top off the dish with more parmesan to add even more flavor.



Baby Hann at 18 Weeks - Size of a Bell Pepper length.

Sausage Rice Casserole Stuffed Peppers

makes 6 peppers

1 lb lean hot Italian turkey sausage
7 green bell peppers
1 onion
2 cloves of garlic
2/3 C uncooked rice

1 10.5 oz can cream of chicken soup (98% fat free)
1 10.5 oz can cream of mushroom soup (98% fat free)
1/4 C milk (I used 2%)
1 T Salt

Preheat oven to 350 degrees. Chop the onion, one bell pepper and the garlic and set aside. Brown the sausage in a skillet over medium heat until it's cooked. Add the chopped ingredients and simmer until they are tender. Pour sausage and veggie content in to a large bowl. Add the rice, soups and milk and stir to combine. Pour into a 9X13 baking dish and cover. Bake for 1 hour, stirring 1/2 way through. If the mixture looks a little dry, add a little more milk and stir, cover and finish baking. Meanwhile, bring a large pot of water to boil. Cut the top inch off of the remaining bell peppers and clean the seeds out. Add the peppers and salt to the pot and cook for 3-4 minutes. You may have to use a large spoon to keep them under the water. The peppers will become bright in color. Drain and let cool before handling. Place in a baking dish to make sure they fit. When the casserole is finished, spoon mixture into peppers and cover with foil again. Bake for 20 minutes, remove from oven and serve.



Reminds me of my moms favorite casserole recipe!

Quinoa Tabouli with Heirloom Tomatoes

serves 2

1 C quinoa
1 1/2 C cold water
1 bunch green onions, finely chopped
2-3 heirloom tomatoes, finely chopped

2 bunches parsley, finely chopped (no stems)
1/2 head lettuce, finely chopped
1/2 large cucumber, finely chopped
3/4 C freshly squeezed lemon juice
3/4 C olive oil
Salt to taste



Baby Hann at 19 Weeks - Size of an Heirloom Tomato.

Rinse quinoa in a bowl and drain off in a mesh strainer. In a large pot, add the rinsed quinoa and cold water and bring to a boil. Cover with lid and reduce heat to low. Cook for 15 minutes or until the quinoa has soaked up the water. Stir occasionally so the quinoa does not stick to the bottom of the pot. Remove pot from stove and allow quinoa to cool completely before adding it to the rest of the ingredients. Meanwhile, chop the veggies. Mix together the lemon juice and olive oil for the dressing. In a large bowl, add the veggies and gently fold in the quinoa. Mix together the lemon juice and olive oil. Pour some dressing over the tabouli and add salt to taste. Add more dressing if needed. If you need more dressing, just mix equal parts oil and lemon juice together. Serve chilled.



Would make a great addition to any summer barbeque.



Baby Hann at 20 Weeks - Length of a Banana.

Banana Hazelnut Bread

makes one loaf + about 2 muffins
 6 T butter (3/4 C), at room tempera-
 ture
 1 C sugar
 3 very ripe bananas
 3 eggs, lightly beaten

1/2 C low fat buttermilk
 1 tsp vanilla extract
 1 C whole wheat flour
 1 C all-purpose flour
 1 tsp baking powder
 1 tsp baking soda
 1 tsp freshly grated nutmeg
 1 tsp ground cinnamon
 1/2 tsp salt
 1/2 C chopped hazelnuts
 {or pecans/walnuts}

Preheat oven to 350 degrees and spray a 9X5 loaf pan with Baker's Joy {or grease and lightly flour}.
 Beat the butter and sugar on medium speed in a mixer {with flat paddle attachment} until creamy, about 1 minute. Add the bananas, eggs and vanilla and beat until smooth. Add buttermilk; mix on low just until combined.

In a separate large bowl, mix together the flours, baking powder and soda, nutmeg, cinnamon and salt. Add the flour mixture to the wet ingredients and stir just to combine. Fold in the chopped hazelnuts, do not over mix. Pour the batter into the prepared loaf pan {and muffin tin}, bake for 55 to 60 minutes or until an inserted toothpick comes out clean.



You could also replace banana with zucchini. Yum!

Carrot Cake Oatmeal Cream Pies

makes 6-10 cookies
 4 T unsalted butter,
 at room temperature
 1/2 C brown sugar
 1/4 C sugar
 2 eggs
 1 1/2 tsp vanilla
 1 1/2 C old fashioned oats
 (not quick cooking)
 3/4 C all-purpose flour

1/2 tsp baking soda
 1 1/2 tsp cinnamon
 1/2 tsp ginger
 1/2 tsp nutmeg
 1/2 tsp cloves
 1/2 tsp salt
 2 grated carrots
 Cream Cheese Frosting:
 8 oz cream cheese
 1 stick butter, softened
 2 tsp vanilla
 2 C powdered sugar

Preheat oven to 350 degrees. Line baking sheet with parchment paper.
 Use mixer with paddle attachment to beat together butter and both sugars on medium, about 3 minutes. Beat in one egg at a time, then add vanilla and beat until light and creamy. In a food processor or blender, blend 3/4 C of the oats until it is very fine. Transfer ground oats to a medium bowl. Add the remaining oats, flour, baking soda, cinnamon, ginger, nutmeg, cloves and salt and stir. Add dry ingredients to wet mixture and beat on low, just until combined. With a spatula, fold in the grated carrots. Use a spoon to drop 1 T of batter onto the prepared baking sheet. Repeat, and space the cookies at least 2 inches apart so they have room to spread. Bake for 10-11 minutes. Remove from oven and let cool on baking sheet for 5 minutes, then transfer to a cooling rack.



If you're a fan of carrot cake, you'll love these tasty treats!



Baby Hann at 22 Weeks - Length of a Spaghetti Squash.

Spaghetti Squash and Skillet Meatballs

serves 4
 2 prepared spaghetti squash
 Skillet Meatballs
 2 eggs, lightly beaten

1/3 C Panko + 1/2 T dried basil +
 1/2 T dried oregano + 1/2 T dried
 rosemary
 1/4 C minced onion
 3 T Parmesan cheese
 1 tsp garlic salt
 Pepper
 1/2 lb lean ground beef
 1/2 lb turkey sausage

In a large bowl, mix together the eggs, panko and herbs, onion, Parmesan, garlic salt and pepper. Mixture will seem very wet. Fold in the beef and sausage and mix just until combined. Do not over mix. Roll into 1 1/2 inch balls. Heat a large skillet {or two} over medium heat and spray with cook spray. Drop meatballs in skillet but do not over crowd pan. Adjust heat as needed. If the heat is too high, the meatballs will get browned on the outside but will not cook inside Cook on each "side" until there is a nice crust covering the meatballs.

Cook meatballs through and remove from pan. Continue in batches until they are all cooked. Place on a cutting board and chop into bite sized pieces. Fill cooked spaghetti squash boats with meatball pieces. Top with warmed spaghetti sauce and grated Parmesan.



Replacing sausage with turkey sausage cuts down on the fat while keeping all of the flavor!

Mango Salsa

serves 6-8
 2 mangos, chopped
 1/2 red bell pepper, seeded and
 chopped
 1 roma tomato, seeded and

chopped
 1/2 red onion, finely chopped
 1/2 jalapeño, seeds and ribs re-
 moved, finely chopped
 Zest and juice of 1 lime
 Handful of cilantro leaves, torn or
 chopped
 Sea salt to taste

Mix everything together in a bowl. Adjust to taste.
 The nice thing is that because you are using 1/2 of several things, you can always go back and add a little more of this or that if you want.
 Don't skip the pinch of salt either. If really brings out the sweetness of the mangos.



Mango and pork pair very well together!



Baby at 24 Weeks - Length of an Ear of Corn.

Skillet Corn Bread with Grilled Sweet Corn

serves 8

1 box Jiffy corn muffin mix {8.5oz}
1 egg
1/3 C milk

1 ear of corn, grilled
1/2 jalapeño, seeded and chopped
2 T hot sauce
{I use Louisiana Hot Sauce}
1/2 C shredded cheddar cheese
1-2 T butter

Slice downward along the sides of the ear of corn and remove the grilled kernels.

Preheat oven to 400 degrees. Put cast iron skillet in oven to preheat.

To make the batter, in a medium bowl, mix together the corn muffin mix, egg and milk. The batter will be a little lumpy. Add the grilled corn kernels, hot sauce, chopped jalapenos and cheese and stir to combine.

Before pouring the batter into the skillet, grease hot skillet with butter.

Pour the batter into the greased skillet and bake for 15 minutes.{You can see the butter on the sides of the skillet. This prevented the corn bread from sticking and helped the bottom get nice and golden brown.}
Bake until an inserted tooth pick comes out clean.
Slice into wedges and serve warm.



Don't forget to top off your cornbread with honey!

Oven-Baked Rutabaga Fries

serves 8-10

2 lb rutabaga
Olive oil

Garlic salt
Smoked paprika
Cayenne pepper
Ground red Chipotle



Baby at 25 Weeks - Size of a Rutabaga.

Preheat oven to 425 degrees. Cover a baking sheet in parchment paper or foil. Peel and cut into strips. Place in a bowl. Drizzle in enough olive oil to just barely coat all of the strips. Season liberally. I used quite a lot of the smoked paprika and a little bit of all the other seasonings.

Spread the fries out on prepared baking sheet and place in the oven. You will either need to do this on two pans or in two batches so that the pan is not over crowded. You need to bake them past the raw stage where they are still hard, then past the stage where they are soft, and finally they will start to crisp up. I kept checking mine after every 5 minutes, and I finally took them out after about 35-40 minutes. The end result is different than French fries or potatoes, but the seasoning on them is great!



The more seasoning you have, the richer the flavor.



Baby at 26 Weeks - Size of an English Hothouse Cucumber.

Cucumber Black Bean and Feta Salad

serves 2

2 English hothouse cucumbers, chopped
1 red bell pepper, seeded and chopped
1/2 red onion, thinly sliced
1 15oz can black beans, drained and rinsed
1 14oz can artichoke hearts*, drained

1 5oz can sliced black olives*, drained
5-6 oz fat free feta cheese, crumbled
Fresh cilantro leaves, washed and torn

For the dressing:
Freshly squeezed lemon juice (approximately 2 lemons)
Olive oil (a few tablespoons)

Add the cucumber, red bell pepper, onion, black beans, artichoke hearts and black olives in a large bowl and gently toss to mix together. One important thing is to drain everything really well. I normally just use the top of the can that I have removed to drain the liquid out of canned goods before adding them to dishes, but for this salad I went ahead and strained everything in a mesh colander. I wanted this salad to stay fresh for a few days and not have liquid pooling in the bottom of the bowl.



Don't add the feta cheese, cilantro and dressing until right before serving.

Parmesan Roasted Cauliflower

serves 6-8

1 large head of cauliflower, cut into florets
2 T olive oil

4 cloves of garlic, minced
Sea salt, pepper and freshly grated nutmeg, to taste
3/4 C grated Parmesan cheese



Baby at 27 weeks - Size of a head of cauliflower.

Preheat oven to 400 degrees. In a large bowl, mix together the olive oil and cauliflower. Make sure to evenly coat. Add the garlic, salt, pepper and nutmeg and stir. Pour into a baking dish.

Bake for 25 minutes and remove. Add Parmesan cheese and place back in the oven for 5 minutes.

Remove from oven and serve.



Broil the dish on low for a few minutes to crisp up the top if desired.



Trimester 3



28 Weeks ~ 40 Weeks



Baby at 28 Weeks-Size of a Chinese Cabbage.

Cut chicken into bite sized pieces and rest in teriyaki marinade in the refrigerator for 1 hour. Cut Chinese cabbage in 4th's, lengthwise. Chop into thin strips and set aside. In a large skillet or wok, heat a 2 tsp of sesame seed oil over medium heat and add snow peas, carrots and broccoli. Stir-fry veggies; add the teriyaki sauce and cook until veggies have softened. Add in the baby corn, water chestnuts and bamboo shoots. Cook until everything is tender-crisp. Transfer everything to a large bowl. In the same skillet, cook the cabbage for a few minutes with the soy sauce until it becomes slightly wilted. Meanwhile, in a second large skillet, heat remaining tsp of sesame seed oil over medium heat and cook chicken. Add the 2 tsp of sriracha sauce and continue cooking until chicken is all the way cooked through. Mix everything together in a large bowl and serve.

Cabbage Chicken Stir-Fry

serves 8

Teriyaki marinade
3 tsp sesame seed oil, divided (1 for chicken, 2 for veggies)
1 C snow peas
1 C shredded carrots
3 C broccoli florets

15 oz can baby corn, drained
8 oz can sliced water chestnuts, drained
8 oz can bamboo shoots, drained
3 boneless, skinless chicken breasts (about 1 pound)
2 T sriracha sauce
1 T teriyaki sauce
2 T low sodium soy sauce
1 Chinese or Napa cabbage



Great for a healthy but filling meal!



Baby at 29 weeks-Size of a butternut squash pregnancy.

Butternut Squash & Wild Mushroom Rotini

serves 8

1 T olive oil
1 small onion, diced
1.25 lb Sweet Italian turkey sausage, removed from casings
6 oz wild mushrooms {the package I used had cremini, shiitaki & yellow oyster}
2 C butternut squash, cut into about 1/2" cubes

1 1/2 C water
24 oz jar pasta sauce {I used Prego brand}
1 T blend of herb mix {I used 1 t each dried oregano and basil, 1 t fresh rosemary}
1 lb whole wheat rotini noodles
1/2 C shredded Parmesan cheese

In a large skillet, heat the olive oil over medium heat and add the onion; sauté for a few minutes until softened. Add the sausage and break up with a wooden spoon or spatula, Cook until done. Add the mushrooms and sauté for a few minutes. Add the cubed butternut squash and season with salt and pepper. Add the water and cook thoroughly for about 7 minutes. Add the pasta sauce and herb mix and bring to a simmer. Meanwhile, cook the pasta according to directions. Drain and add to the dish and stir. Lastly, stir in the cheese and serve.



When in doubt, add more cheese.



Kitchen Conversion Chart

This...	Equals That...
1 tablespoon (tbsp)	3 teaspoons (tsp)
1/8 cup	2 tbsp
1/4 cup	4 tbsp
1/3 cup	5 tbsp + 1 tsp
1/2 cup	8 tbsp
2/3 cup	10 tbsp + 2 tsp
8 fluid ounces	1 cup
1 quart	2 pts
1 gallon	4 qts

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- Cucumber, English Hothouse, 17
- Fig, 8
- Grape, 7
- Kidney Bean, 7
- Kumquat, 8
- Lemon, 11
- Lentil, 6
- Lime, 9
- Mango, 15
- Pepper, Bell, 13
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- Sesame Seed, 5
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Pregnancy Chart

Trimester	Month	Week
first	Month 1	1-4
	Month 2	5-8
	Month 3	9-13
second	Month 4	14-17
	Month 5	18-21
	Month 6	22-26
third	Month 7	27-30
	Month 8	31-35
	Month 9	36-40

Food Substitutions

ground beef	ground turkey
pasta	spaghetti squash
mashed potatoes	mashed cauliflower
cow’s milk	almond milk
mayo and sour cream	Greek yogurt
butter	apple sauce (baking)
salad dressing	fresh-squeezed lemon juice
all-purpose flour	wheat flour
sugar	Splenda
white rice	brown rice
red potatoes	sweet potatoes

*“Thanks for
stopping by, Y’all!”*

