




COOKING UP FOLATE RICH FOODS FOR ALL

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**Special thanks to the Florida
Folic Acid Coalition, Florida
Department of Citrus, University
of South Florida, Florida Birth
Defects Registry, Centers for
Disease Control and Prevention,
and our colleagues at the Florida
Department of Health for their
input and support.**



We are a statewide collaborative effort led by the Centers for Disease Control and Prevention (CDC) to help eliminate the effects of environmental hazards on human health.

Disclaimer: Funding Opportunity # CDC-RFA-EH17-1702. Contents do not necessarily reflect the official views of the CDC

WHY FOLATE IS IMPORTANT

- Folate is a B vitamin and is very important to women who may become pregnant. Synthetic folate found in vitamin form is called folic acid.

- Women of childbearing age should include folate/folic acid in their diets by eating foods high in folates and by taking a multivitamin containing 400 micrograms of folic acid.

- Folate-rich foods include dark green, leafy vegetables, citrus fruits, liver and organ meats, fortified cereals, and legumes. A large glass of orange juice and a bowl of fortified cereal provide about half the recommended daily amount of folic acid.

- **Experts recommend that all women of childbearing age take a daily supplement that contains 400 micrograms of folic acid.**

- According to Florida birth defect data, there are 3.68 - 4.70 cases of spina bifida in every 10,000 live births in Northeast Florida alone. Spina bifida is when the spinal cord does not form as it should —and it may happen to unborn babies before the mother even knows she is pregnant. By increasing women's folate intake, neural tube defects like spina bifida could be reduced by up to 70 percent.

- However, it's not just pregnant women who should be concerned about getting enough — it should be a part of everyone's daily diet. Folate assists in creating DNA and healthy red blood cells. New studies suggest that a healthy amount of folate might also lessen the rate of heart ailments like coronary disease and stroke.

Table of Contents



BREAKFAST

Orange, Almond and Buckwheat Pancakes ^	2
Toasted Wheat Germ and Banana Muffins	3

DRINKS

Orange-Grapefruit Fizz *	3
Golden Slush *	3

SNACKS

Corn and Black Bean Dip	4
Peanutty Snack Mix *	4
Puppy Chow *	4
Orange Jalapeño Chicken Party Pinwheels ^	5

SIDES

Black Beans and Zesty Rice	6
Curry Potatoes	6
Spinach and Spicy Peanut Sauce	7
Asparagus Stir Fry with Grapefruit and Almonds ^	7
Orange-Glazed Carrots and Asparagus *	8

ENTRÉES

Blueberry Salsa Tilapia	8
Mediterranean Orange Chicken ^	9

DESSERTS

Peanut Butter Oatmeal Cookies with Raisins	10
Grapefruit Pie ^	11

CREDITS	11
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^ Recipe courtesy of **Florida Department of Citrus**
(www.floridajuice.com)

* Recipe courtesy of **Florida Folic Acid Coalition**
(www.folicacidnow.net)

c. = cup

T = Tablespoon

t = teaspoon

Orange, Almond and Buckwheat Pancakes

Serves approximately 4

Pancakes

- 1 c. sliced almonds, divided
- 1 Florida orange, whole
- 1 egg
- 2/3 c. Florida orange juice
- 1 c. reduced fat milk
- 2 T canola oil
- 3/4 c. buckwheat flour
- 1 c. all purpose flour
- 1 T baking powder
- 1/4 t salt
- non-stick cooking spray

Orange-Almond Syrup

- 1 c. Florida orange juice
- 1 cinnamon stick
- 1/2 c. light maple syrup
- 1/4 c. roasted almonds



Preheat oven to 375 degrees F. Spread almonds over a cookie sheet and bake five to seven minutes until nicely browned. Remove and cool at room temperature.

Simmer orange juice and cinnamon stick in small saucepan over medium heat until reduced to 1/2 c., about 15 minutes. Add maple syrup. Remove cinnamon stick, and stir in almonds. Keep warm. Leftovers may be refrigerated.

Use grater to grate zest of orange, while careful not to grate into the white pith. Peel remainder of skin and slice between membranes to separate each orange segment. Set aside for garnish.

Combine egg, orange juice, milk and oil in medium bowl and mix well. In large bowl, combine both flours, baking powder and salt with reserved orange zest. Add liquid into the dry ingredients and mix thoroughly while being sure to leave some lumps. Gently mix 3/4 c. almonds into batter until mostly combined.

Do not over-beat or stir until smooth, as this will make pancakes tough.

Ladle batter onto hot, non-stick skillet coated with cooking spray and cook until some bubbles begin to appear on top, about 3 minutes. Flip pancake over and cook 2 minutes. Serve immediately with Orange-Almond Syrup, and garnish with orange segments.

Toasted Wheat Germ and Banana Muffins

Makes 16 muffins

- 1 1/2 c. all-purpose flour
- 3/4 c. sugar
- 1 T baking powder
- 3/4 t salt
- 3/4 c. toasted wheat germ
- 3 medium-sized bananas, very ripe and mashed
- 2 T peanut butter
- 1/2 c. milk
- 2 large eggs
- 1/3 c. canola oil
- 1 teaspoon vanilla extract
- spray oil



Preheat oven to 400 degrees F.

Spray a 16-count muffin tray lightly with oil. Sift flour, sugar, baking powder and salt into medium bowl. Stir in wheat germ. Combine bananas, milk, eggs, peanut butter, oil and vanilla extract in large bowl and whisk to blend. Add dry ingredients. Scoop batter into prepared muffin cups, dividing equally.

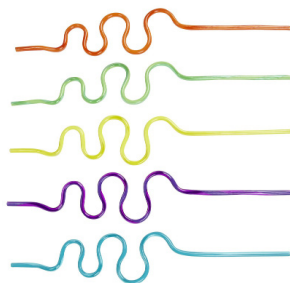
Bake muffins about 25 minutes, until toothpick inserted into center of tester muffin emerges clean.

Orange-Grapefruit Fizz

Makes approximately 7
(6-ounce) servings

- 3/4 c. frozen Florida orange juice concentrate, thawed
- 3/4 c. frozen Florida grapefruit juice concentrate, thawed
- 1 1-L bottle carbonated water or tonic water, chilled
- ice cubes

Pour thawed concentrates into a pitcher. Gently stir in chilled carbonated or tonic water. Pour over ice in glasses. Serve at once.



Golden Slush

Makes approximately
2 to 3 servings

- 1 1/2 c. frozen peach slices
- 3/4 c. frozen Florida orange juice concentrate, thawed
- 1/4 c. water
- 1 to 2 T sugar

Let peaches stand at room temperature five to 10 minutes. Place peaches, thawed concentrate, water, and sugar in a blender container. Cover and blend until smooth.

Corn and Black Bean Dip

Makes 4 to 6 appetizer size servings

- 1 c. cooked black beans, drained
- 1/2 c. corn, cooked
- 1/2 medium-sized tomato, diced
- 1/2 medium-sized red onion, diced
- 1 medium-sized red bell pepper, diced
- 1/4 c. shredded Mexican cheese
- 1 t cumin
- 1 t sea salt
- 1 t olive oil
- 1 t lime juice
- 1/2 t crushed red pepper flakes



Pour the black beans, cumin, salt, olive oil, lime juice and pepper flakes into a food processor. Run the blades through it until the mixture is smooth. Scrape it into a medium-sized, microwave-safe bowl. Add the corn, tomato, onion and pepper and stir together until everything is evenly dispersed.

Microwave for 30 seconds, stir and sprinkle the cheese on top. Zap it an additional 30 seconds until cheese has melted.

Peanutty Snack Mix

Makes approximately 6 3/4 cup servings

- 1 c. peanuts
- 1 1/2 c. Multi-Grain Cheerios
- 1 c. raisins
- 1 c. marshmallows

Mix all ingredients. Serve.



Puppy Chow

Makes 9 cups

- 9 c. General Mills Multi-Grain Cheerios Plus cereal
- 1 c. milk chocolate chips
- 1/4 c. margarine, melted
- 1/2 c. peanut butter
- 1 1/2 c. powdered sugar



Mix all ingredients. Serve.

Orange Jalapeño Chicken Party Pinwheels and Grapefruit Salsa

Makes approximately
48 pinwheels

Pinwheels

- 6 10-in. flour tortillas
- 8 oz. cream cheese, softened
- 1 T jalapeño chilies, chopped
- 2 T orange marmalade
- 1 T green onions, chopped
- 1 T fresh parsley, chopped
- 4 baked or grilled chicken breasts, cut in thin strips
- 2 c. fresh spinach, cut in very thin strips
- 1 avocado, sliced



Salsa

- 1 c. pink Florida grapefruit, sectioned
- 1 c. white Florida grapefruit, sectioned
- 2 T green onions, chopped
- 2 T fresh parsley, minced
- 2 T raspberry vinegar
- 2 t brown sugar
- 2 T chili sauce
- 2 drops Tabasco sauce
- black pepper and Lawry's seasoning salt to taste

Mix softened cream cheese with jalapeño chilies, orange marmalade, green onions and parsley. Spread on middle of flour tortillas, making sure to leave at least 1/2 inch around edge. Top with several thin chicken strips. Top with avocado and shredded spinach. Top with dollop of salsa. Roll tortillas and refrigerate until chilled (approximately four hours). Cut tortillas into 1-in. slices. Arrange on plate and garnish with Florida citrus fruit. Makes about 48 pinwheels.

Black Beans and Zesty Rice

Serves 4

- 2 c. white rice, cooked
- 1 c. black beans, cooked
- 1 medium-sized tomato, diced
- 1 c. fresh spinach
- 2 T lime juice
- 1/4 c. fresh cilantro, chopped
- 1/2 T garlic, minced
- 1/2 T sea salt
- 1/2 t cayenne pepper
- 1/2 T olive oil



Coat a skillet in the olive oil over low heat. Add the garlic, tomato, sea salt, and cayenne pepper and let simmer for two minutes. Stir in the cooked black beans and leave it covered on low for four or five minutes.

In a separate bowl, combine the rice, lime juice, and cilantro.

Take a bowl and lay down a base layer of rice. Next, lay down a layer of fresh spinach. Top with tomato and bean concoction. Add shredded cheese, if you'd like.

Curry Potatoes

Serves 5



- 2 large, unpeeled Idaho potatoes, cubed
- 1/4 c. portabella mushrooms, diced
- 1 c. fresh spinach, lightly packed
- 1/4 c. shredded cheddar cheese
- 1 T olive oil
- 1/8 t. curry powder
- 1/4 t. kosher salt
- 1/4 t. black pepper

Boil the potatoes until soft.

Coat a wok in olive oil over low to medium heat. Add the mushrooms, salt, pepper, curry powder and let simmer for a few minutes. Stir in the potatoes and cook covered over low heat. Evenly spread the spinach on top of the mixture and leave it covered for about four or five minutes — or until the spinach has wilted. Stir to mix.

Top with cheese.

Spinach with Spicy Peanut Sauce

**Makes approximately
2 servings**



- 2 c. raw spinach
- 1 medium-sized tomato, diced
- 1 small white onion, diced
- 2 T peanut butter
- 1/4 c. peanuts, dry roasted and crushed
- 1 T garlic, minced
- 1 T olive oil
- 2 t cayenne pepper
- salt and pepper to taste

Heat the oil in a deep pot over medium heat for a few minutes. Add the onion, garlic, salt and pepper. Simmer covered until the onions are translucent – about five or six minutes.

Wilt the spinach in the mixture. Stir in the tomato, cayenne and peanut butter. Let the mixture cook covered on low for an additional five minutes.

Serve topped with dry peanuts.

Try over white rice for another pop of folate! (Remember, 1 c. of it cooked equals 170 micrograms DFE!)

Asparagus Stir Fry with Grapefruit and Almonds

Makes 4 to 6 servings

- 1 large pink Florida grapefruit
- 1 lb. asparagus, trimmed and cut into 2 to 3-inch pieces
- 1 T olive oil
- 1/2 c. slivered almonds
- 3 cloves garlic, minced
- pinch of salt
- 1/4 c. water



Cut grapefruit in half. Squeeze juice into measuring cup to make about 1/2 c. With small spoon, scrape pulp from grapefruit into separate bowl to make about 1/2 c. Set aside.

Swirl oil into large skillet or wok set over medium-high heat. Stir-fry almonds and garlic until golden-brown -- about 30 seconds. Add asparagus, salt and stir-fry one minute. Add grapefruit juice and 1/4 c. water. Cook asparagus, stirring occasionally, until tender-crisp. Stir in reserved grapefruit pulp.

Orange-Glazed Carrots and Asparagus

Makes 4
side-dish servings

- 1 lb. fresh asparagus, trimmed and cut into 2-inch pieces
- 1 c. baby carrots, cut in half lengthwise
- 3/4 c. frozen Florida orange juice concentrate, thawed
- 1 T cornstarch
- 1 T honey
- 1/2 t garlic salt
- 1/2 t dried dillweed
- 1/4 c. water
- 2 c. brown rice, cooked and warm



In a covered medium saucepan, cook asparagus and carrots in a small amount of boiling water for five to seven minutes or until crisp-tender. Drain; return to saucepan. Keep warm. In a small saucepan, stir together water, 1/2 c. of the thawed concentrate, cornstarch, honey, garlic salt and dillweed. Cook and stir two minutes more. Stir into vegetables. Stir in remaining orange juice concentrate. Serve with rice.

Blueberry Salsa Tilapia

Makes approximately
5 servings



- 5 4-oz. tilapia filets
- 1 c. fresh blueberries
- 1 large bell pepper, diced
- 2 jalapeño peppers, minced and seeded
- 2 medium-sized fresh tomatoes, diced
- 8 medium-sized strawberries, capped and diced
- 1/2 medium-sized white onion, diced

Salt and pepper the filets, lay them on top of a water-soaked cedar plank and place them over a lit charcoal grill. Cook for 10 minutes over direct heat.

In a medium-sized bowl, combine the peppers, blueberries, tomatoes, strawberries, and onion. Finger-toss the produce until it's all evenly dispersed. Add a little cayenne or a squirt of lime juice for extra zing.

Top filets with salsa.

Mediterranean Orange Chicken

Makes 4 servings



- 4 t pine nuts, toasted and chopped
- 1 lb. skinless chicken breast, boned and trimmed
- 2 T all-purpose flour (for dusting chicken)
- canola oil spray
- 1/4 c. shallots, minced
- 1/4 c. red peppers, chopped and roasted
- 2 T capers, chopped
- 2 T olives, chopped
- 2 T raisins, chopped
- 3/4 c. 100 percent Florida orange juice
- 1 T fresh lemon juice
- 1 c. low-sodium chicken stock
- salt and pepper to taste
- 2 T fresh parsley, chopped



With a meat mallet, pound chicken breasts to 1/2-inch thick and season with salt and pepper. Dust both sides in flour and pat so flour stays on.

Heat sauté pan and coat with canola oil spray. Place chicken in hot pan and spray uncooked side of chicken with canola oil. Sear chicken for one minute on both sides and remove from pan. Add shallots and sauté briefly. Add roasted red peppers, capers, olives and raisins and sauté until shallots are translucent. Deglaze pan with orange juice. Add chicken stock, lemon juice and reduce heat slightly when ingredients come to a boil. Add chicken back to the pan to cook until completely cooked through, and sauce is slightly thickened. Stir in salt, pepper and parsley.

Top each serving with 1 t of chopped toasted pine nuts.

Peanut Butter Oatmeal Cookies with Raisins

Makes approximately 1 dozen
cookie "sandwiches"

Cookies

- 1 c. quick cooking oats
- 1/2 c. peanut butter, smooth
- 1/4 c. raisins
- 2 c. white sugar
- 1/2 c. packed light brown sugar
- 3/4 c. all-purpose flour
- 1/2 t baking soda
- 1/4 t baking powder
- 1/2 t salt
- 1/2 c. butter, softened
- 1 egg
- 1 t vanilla extract

Filling

- 3 T butter, softened
- 1 c. confectioners' sugar
- 1/2 c. peanut butter, smooth
- 2 1/2 T heavy whipping cream



Preheat your oven to 350 degrees F.

In a mixing bowl, combine butter, 1/2 cup peanut butter, white sugar, brown sugar and vanilla. Add egg and mix until creamy.

Grab another bowl and stir together the flour, baking soda, baking powder and salt. Add dry mixture to the creamed one. Stir. Add oats, raisins and stir again.

Use teaspoons to drop balls of dough onto a greased baking sheet. Use a fork to press the spheres flat (about 1/4 in. thick) Bake for 10 minutes.

To make the filling, mix all of the filling ingredients until smooth. Spread mixture onto half of the cooled cookies. Top with the other half to create sandwiches.

Grapefruit Pie

Serves 8

- 2 large or 3 medium Florida red grapefruit, peeled and sectioned
- 1 6-oz. graham cracker crust
- 1 c. sugar
- 3 T cornstarch
- 1 1/2 c. water
- 1 3-oz. pkg. strawberry-flavored gelatin
- 1 8-oz. container frozen non-dairy whipped topping, thawed



Arrange grapefruit sections in the bottom of the graham-cracker crust. Set aside. In a medium saucepan combine sugar and cornstarch. Stir in water; cook over medium heat until thick and clear. Add gelatin; stir to dissolve. Let cool slightly. Pour gelatin over grapefruit sections in crust. Refrigerate two to three hours or until firm. Top each slice with whipped topping, and serve.



FOLATE MEASUREMENT GUIDANCE

FolicAcidNow.net/FoodChart.html

RECIPES

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**For more information visit:
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