1st Trimester Recipes

Roasted Apples

Ingredients:
- 2 Small: fresh apples
- 1 Tbsp: brown sugar
- ½ tsp: nut flavored oil
- 1 Tbsp: butter

Directions:
- Heat oven to 400 °F.
- Wash apples and cut in half.
- Place evenly on baking sheet and roast in oven until tender, about 35-40 minutes.

Decaf Ginger Berry Tea

Ingredients:
- 1 Packet: decaf tea
- 1 Tbsp: fresh ginger
- 1 ½ C: water
- 2 Tbsp: sugar
- 1/3 C: frozen blackberries

Directions:
- Wash and peel ginger.
- Combine all ingredients in a large pot, and bring to a simmer.
- Continue to cook until berries have lost shape, or about 10-12 minutes.
- Remove tea packet and ginger.
- Serve hot or cold.

Steamed Vegetable Melody

Ingredients:
- 1 Tsp: olive oil
- 1/4 C: water
- 1/4 C: frozen garden vegetables

Directions:
- Place vegetables in microwave safe bowl.
- Add water and olive oil.
- Cook on high heat for about 4-5 minutes, or until tender.
- Serve warm.

Craisin Berry Cereal Crispy Treats

Ingredients:
- 1 Tbsp: butter
- 1/2 C: dried cranberries
- 1 Tbsp: corn syrup
- 3 C: low protein cereal
- 2 C: mini marshmallows

Directions:
- Combine butter, marshmallows and corn syrup.
- Place in a microwave-safe bowl and heat on high for 1 minute until it is melted.
- Once melted, mix in cranberries and cereal.
- Spray a small baking pan with non-stick cooking spray.
- Press mixture into pan, and allow to cool.
- Cut and serve.

Mashed Baked Potato

Ingredients:
- 1 Small: brown potato
- 1 Tbsp: olive oil

Directions:
- Wash potato.
- Prick with a fork several times on all sides of potato.
- In a microwave safe plate, cook on high heat for 5 minutes.
- Turn potato over and cook for another 5 minutes or until soft to the touch.
- Mash with a fork and mix in olive oil.
- Serve warm.

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1st Trimester Recipes

**Jicama Salad**

**Ingredients:**
- 1/2 C: jicama
- 1 Tbsp: lime juice
- 1 Tbsp: olive oil
- 1/4 C: red bell pepper
- 1/4 C: mandarin oranges
- 1/4 C: red onion (optional)

**Directions:**
- Wash red pepper and jicama. Peel jicama. Chop jicama and red bell pepper in small pieces (about the width of a pencil).
- Combine all ingredients, cover and chill in fridge.
- Serve chilled.

**Recipe**

**Phe = 50 mg**

**Protein = 1.4 g**

**Calories = 190**

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**Spinach Salad**

**Ingredients:**
- 1 Tbsp: olive oil
- 3 tsp: water
- 1/2 C: whole grain rice, cooked
- 1 1/2 C: spinach uncooked
- 2 Tbsp: dried cranberries

**Directions:**
- Cook rice and chill.
- Place spinach and 2 tsp water in microwave safe bowl.
- Cook on high for 1-2 minutes.
- Place dried cranberries and 1 tsp of water in microwave safe bowl.
- Cook on high for 1-2 minutes.
- Combine: olive oil, lemon juice and all other ingredients.
- Serve chilled.

**Recipe**

**Phe = 189 mg**

**Protein = 4 g**

**Calories = 336**

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**Lemon Asparagus**

**Ingredients:**
- 1/2 C: asparagus
- 1 Tbsp: olive oil
- 1/4 C: water
- 1/4 whole: lemon

**Directions:**
- Wash asparagus and cut off and trash the stems, about 1/2 inch off the bottom.
- Chop rest in small pieces about the width of a bottle cap.
- Slice lemon into thin slices.
- Combine all other ingredients and add enough water to cover the asparagus.
- Cook on high heat until no water is remaining.
- If asparagus is not tender add ¼ cup more water and cook until no water remains or asparagus is tender.
- Remove the lemons and serve.

**Recipe**

**Phe = 66 mg**

**Protein = 1.8 g**

**Calories = 142**

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**Vegetable Stew and Rice**

**Ingredients:**
- 1/2 Tsp: dry oregano
- 2 C: water
- 1 Tbsp: olive oil
- 1/2 C: whole grain rice, cooked
- 1/2 C: frozen garden vegetables
- 1 cube: low Phe/protein broth cube.

**Directions:**
- Cook rice and set a side.
- Bring water to a boil, add oregano, oil, and broth cube.
- Once broth cube has dissolved add frozen vegetables and cook until tender and add rice.
- Simmer for an additional 3 minutes
- Serve warm.

**Recipe**

**Phe = 350 mg**

**Protein = 7.6 g**

**Calories = 312**

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**Juicing Lemons or Limes**

Microwave a lemon or lime on high for 10 seconds will help with juicing.

**Recipe**

**Phe = 50 mg**

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# 2nd Trimester Recipes

## Sweet Jicama Fries

**Ingredients:**
- 1 C. jicama
- 1 tsp: lime juice
- 1 Tbsp: lemon juice
- 1 tsp: orange juice
- 1 tsp: honey
- 1 Tbsp: canola oil

**Directions:**
- Wash and peel jicama.
- Cut jicama in small pieces matchstick size pieces.
- Combine all ingredients.
- Allow to marinate for 2 hours and cover in refrigerator.
- Mix all together.
- Serve chilled.

**Recipe**
- Phe – 49 mg
- Protein – 2 g
- Calories – 147

## California Citrus Salad

**Ingredients:**
- 10 whole: radishes
- 1/2 tsp: sugar
- 1 tsp: salt
- 1/3 C: olive oil
- 2 C: grapefruit segments
- 6 C: romaine lettuce
- 1/4 C: grapefruit juice, canned

**Directions:**
- Combine grapefruit juice, sugar, salt.
- Begin whisking and slowly add oil.
- Cut grapefruit into sections and thinly slice the radishes.
- In a bowl, combine grapefruit sections, sliced radishes and lettuce.
- Add dressing and toss gently.
- Serve chilled.

**Recipe**
- Phe – 424 mg
- Protein – 6 g
- Calories – 910

## Toasty Marshmallow Carrots

**Ingredients:**
- 1 tsp: butter
- 1 Tbsp: brown sugar
- 1/4 tsp: cinnamon
- 1/2 C: baby carrots, peeled
- 1/3 C: mini marshmallows

**Directions:**
- Combine carrots and 1 Tbsp of water into a microwave safe bowl.
- Cook on high heat for 4 minutes, or until the carrots are at desired softness.
- Then drain off any extra water and add the butter and brown sugar.
- Cook on high heat for an additional 2 minutes or until carrots are glazed and sugar is melted.
- Once melted, place marshmallows on top and cook for 30 more seconds.
- Serve warm.

**Recipe**
- Phe – 20 mg
- Protein – 0.9 g
- Calories – 173

## Cucumber Salsa

**Ingredients:**
- 1 Tbsp: olive oil
- 1 whole: tomato
- 1 tsp: balsamic vinegar
- 1 Tbsp: chives, chopped
- 1/4 Cup: red onion
- 1/2 Cup: cucumber, diced

**Directions:**
- Wash and cut tomato, red onion, and cucumber in small pieces or cubes.
- Combined all ingredients and serve.

**Recipe**
- Phe – 105 mg
- Protein – 2 g
- Calories – 171

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**Chayote Squash Salad**

**Ingredients:**
- 1/2 C: chayote squash
- 1/4 tsp: garlic powder
- 1/4 C: sweet yellow onion
- 1 Tbsp: parsley, chopped
- 1 tsp: apple cider vinegar
- 1 Tbsp: olive oil

**Directions:**
- In a large pot, bring 4 cups of water to a boil.
- Wash, peel, and chop squash into small pieces.
- Place squash in boiling water for 10 minutes or until soft.
- Once cooked drain squash and combine with all other ingredients.
- Cool salad before serving.
- Serve chilled.

**Recipe**
- Phe – 46 mg
- Protein – 1.2 g
- Calories – 168

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**Chayote Squash**

- Mild flavor
- May be: Steamed, Boiled, Baked
- Can be eaten raw. Just wash, slice and enjoy.

**Cooked Chayote Squash**
- 1/2 Cup (78 g)
  - Phe – 29 mg
  - Protein – 0.5 g
  - Calories – 19

**Can’t Find Chayote Squash?**
Try using zucchini or yellow squash instead.

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**Nutty Cranberry Date Cookies**

**Ingredients:**
- 2 C: pitted dates
- 1 Tbsp: ground flaxseeds
- 1/2 C: water
- 1 Tbsp: lemon juice
- 1/2 C: canola oil
- 1/4 C: soymilk
- 1 tsp: vanilla extract
- 1 C: whole wheat flour
- 2 tsp: baking powder
- 1/2 tsp: baking soda
- 1/2 tsp: salt
- 1/2 C: cranberries

**Directions:**
- Heat oven to 325°F
- Combine dates and water in a small saucepot and bring to a simmer until dates are soft.
- Once soft, remove from heat and mash dates with a fork.
- In a bowl, combine lemon juice, oil, soymilk, vanilla, ground flaxseeds, mashed dates and mix together.
- In a different bowl combine flour, baking powder, baking soda, cranberries salt and mix together.
- Slowly add the wet ingredients into the dry ingredients, while mixing slowly.
- Spray a cookie sheet, with non-stick cooking spray and use a tablespoon to measure out cookies.
- Bake cookies in oven for 20 - 25 minutes on center rack or until nicely browned.

**Recipe**
- Phe – 960 mg
- Protein – 24 g
- Calories – 2,544

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