



BREASTMILK

EVERY OUNCE COUNTS

Breastfed babies needs are met so they tend to cry less. They are easily comforted and tend to feel secure and self-confident.

Other ways to help your baby feel secure:

- Breastfeed when your baby first shows signs of hunger. (Sucking on his fist, head moves toward voice, lips smack and tongue reaches)
- Get to know your baby. Listen to his cries and movements. Your baby's cries are different and tell you if he is hungry, sick, scared, angry, bored, or tired.
- Let your baby know you are proud when he learns to roll over, sit up, crawl, and speak.
- Play with him, spend time together, laugh and talk.
- Relax and enjoy this time of growing and learning. Your baby is special and unique, like no other.

— Fold in half with text facing out, and glue or staple page together —

Roasted Vegetable Burritos

Ingredients

1 medium onion, diced
4-5 garlic cloves, minced or crushed
8 ounces carrots, diced
1 green pepper, diced
1 red pepper, diced
2 zucchini squash, diced
2 yellow squash, diced

8 ounces mushrooms, coarsely chopped
4 celery stalks, diced
1/2 cup olive oil, divided
salt and pepper, to taste
1 (15.5 ounce) can black or pinto beans, rinsed and drained
10 large flour tortillas, warmed

Toppings: Grated cheese, cilantro, hot sauce, and guacamole.

Instructions:

Preheat the oven to 400 degrees F. Place vegetables in 2 (13x9") baking dishes or large cookie sheet. Mix 1/4 cup olive oil with vegetables in each pan, season with salt and pepper. Roast in the oven, uncovered, until done to your liking (about 30-40 minutes). Once vegetables come out of the oven, mix with the beans, and spoon the filling onto warmed tortillas. Finally, roll, serve, and enjoy! Makes 8-10 huge burritos.