Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM January 2017

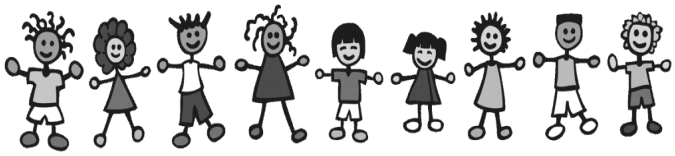
Quick Chili
Ham and Lentil Soup
Taco Soup
Comforting Crock Pot Beef Stew
Slow Cooker Chicken Noodle Soup

Quick Chili

½ pound lean ground beef
½ small onion, chopped
¼ small green pepper, chopped
1 cup uncooked whole-wheat or regular elbow macaroni
1 can (15-16 ounces) kidney or pinto beans, undrained (low sodium preferred)
1 can (8 ounces) tomato sauce (low sodium preferred)
2 cups water
1 teaspoon chili powder
¼ teaspoon salt
½ cup shredded reduced-fat cheddar cheese

1. In a large skillet, brown the ground beef with the onion and green pepper. Drain any excess fat.
2. Add all of the rest of the ingredients to the ground beef mixture. Heat to boiling, cover, and simmer for 15 minutes, stirring occasionally.
3. Sprinkle with cheese on top just before serving.

Nutrition Note: This recipe makes 6 servings. Each serving (using low-sodium ingredients as listed above) has 220 calories, 5 grams of fat, 17 grams of protein, 29 grams of carbohydrates, and 340 milligrams of sodium.



Nutrient-Rich Super Snacks

Cheddar Cheese and Apples: Combine creamy and crunchy with an ounce of cheese and a crisp apple for tartness.

Ham and Lentil Soup

Ham bone (leftover from cooked bone-in ham)
2 cups lentils, rinsed
½ cup chopped onions
3 cups sliced carrots
½ cup diced celery
Salt, pepper, and garlic powder to taste

1. In a large saucepan, add 8 cups of water and cook the ham bone until any remaining ham falls off the bone. Take the bone out and trim any remaining ham off.
2. Add the lentils, ham, onions, carrots, and celery to the water the ham was cooked in and cook until tender.
3. Add seasonings to taste.

Nutrition Note: This recipe makes 8 servings. Each serving has 220 calories, 2 grams of fat, 20 grams of protein, 33 grams of carbohydrates, and 390 milligrams of sodium.

Breastfeeding:

Why breastfeed?

For the health benefits and for the extra bonding time with my baby." ~ Samantha, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Taco Soup

1½ pounds lean ground beef
1 onion, chopped
1 can (15-16 ounces) kidney or pinto beans, undrained
1 can (14.5 ounces) diced tomatoes, undrained (low sodium preferred)
1 can (15.25 ounces) corn, undrained (low sodium preferred)
1 can (8 ounces) tomato sauce (low sodium preferred)
1 package taco seasoning mix (low sodium preferred)
1½ cups water
1½ cups shredded reduced-fat cheddar cheese

1. Brown meat with onions in a large skillet. Drain excess fat.
2. In a soup kettle, add the browned ground beef and all the remaining ingredients except the cheese; stir.
3. Bring to a boil. Reduce heat to medium-low and simmer 5 minutes. Stir occasionally.
4. Serve topped with cheese.

Nutrition Note: This recipe makes 8 servings. Each serving (using low-sodium ingredients as listed above) has 300 calories, 10 grams of fat, 27 grams of protein, 23 grams of carbohydrates, and 570 milligrams of sodium.

Comforting Crock Pot Beef Stew

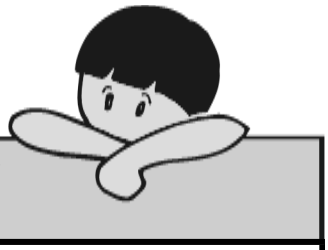
4 large carrots, peeled and sliced into ¼-inch rounds
4 medium potatoes, peeled and cut into ½-inch chunks
1 pound round steak, cut into 1-inch cubes
1 cup beef broth (low sodium preferred)
1 clove garlic, peeled and sliced
1 tablespoon Worcestershire sauce
1 teaspoon paprika
1 medium onion, cut into large wedges
½ teaspoon black pepper

1. Place all ingredients in a crock pot in the exact order listed above.
2. Cover and cook on high for 5-6 hours or on low for 10-12 hours. Stir occasionally to incorporate seasonings.
3. If a thicker stew is desired, add 2 tablespoons flour to ½ cup water, then mix well with a fork until smooth. Add flour mixture to stew and stir. Let simmer for another 10-15 minutes to thicken.

Nutrition Note: This recipe makes 6 servings. Each serving (using low-sodium broth) has 250 calories, 6 grams of fat, 22 grams of protein, 25 grams of carbohydrates, and 420 milligrams of sodium.

The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Have a snowman building contest. See who can build the funniest snowman, snow puppy, snow bear, or other animal.

Source: Nutrition Matters™

Slow Cooker Chicken Noodle Soup

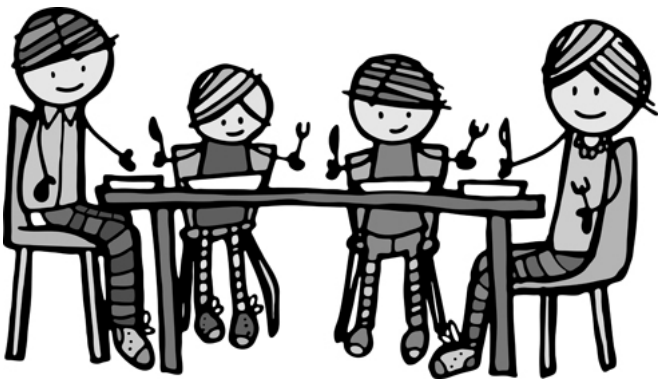
2 cups cooked chicken, chopped
1½ cups frozen vegetables, any variety
2 cans (14.5 ounces each) chicken broth (low sodium preferred)
1 can (10.5 ounces) condensed cream of mushroom soup with roasted garlic
Salt and pepper to taste
½ teaspoon thyme
1 cup pasta of choice

1. Place chicken into slow cooker with the frozen vegetables. Stir in the broth and mushroom soup. Season with salt, pepper, and thyme.
2. Cover the slow cooker and cook on high for 3-4 hours or on low for 8-9 hours.
3. To maintain high quality pasta, cook the pasta in a separate pan on the stove and stir in five minutes before the soup is ready to serve.

Recipe Source: Cooking 101: Week 3, NDSU Extension Service, www.ndsu.edu/eatsmart

Nutrition Note: This recipe makes 4 servings. Each serving has 330 calories, 6 grams of fat, 32 grams of protein, 36 grams of carbohydrates, and 420 milligrams of sodium.

GROWING HAPPY FAMILIES



Create a weekly menu.

Pick one day of the week to plan your meals for the week ahead. Think about which days you'll need a quick-fix meal. When possible, pick meals you can make ahead of time, perhaps the night or morning before the meal. Make sure you can use or freeze leftovers.