



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

JANUARY 2019

Chicken Burrito Bowls Spinach Salad Fruit & Nut Bars Parmesan Bubble Bread Slow Cooker Cheeseburger Soup

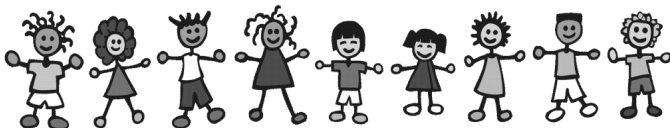
Chicken Burrito Bowls

- 2 boneless, skinless chicken breasts (about 6 ounces each)
- 3 bell peppers, any color, sliced
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon taco seasoning, low sodium preferred
- Salt and black pepper, to taste
- 1 jar (16 ounces) salsa
- 3 cups brown rice, cooked
- 1 can (15 ounces) corn, low sodium preferred
- 1 can (15-16 ounces) black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- 1 lime, sliced into wedges



1. Heat oven to 400 degrees. Line a baking sheet with foil.
2. Place chicken, peppers, and onions onto baking sheet. Drizzle with oil.
3. Sprinkle taco seasoning evenly over both sides of the chicken breasts.
4. Sprinkle salt and pepper on the peppers and onions, tossing to coat.
5. Top each chicken breast with a generous amount of salsa.
6. Bake for 25 minutes or until chicken is fully cooked (until a food thermometer inserted into the center of the chicken reaches 165 degrees). Let chicken sit for 10 minutes before slicing into strips.
7. Serve chicken and vegetables on top of brown rice. Then add your favorite toppings (corn, black beans, cheese, lime, etc.).

Nutrition Note: This recipe makes 6 servings. Each serving (using low sodium ingredients) has 450 calories, 14 grams of fat, 27 grams of protein, 56 grams of carbohydrates and 940 milligrams of sodium.



**Great Mealtime Conversations
Start Here**

Reconnect with those you love at mealtime. Ask your children questions like “What is your favorite toy? Why?” or “How is nighttime different than daytime?”.

Source: Mealtime Blessings, Chickasaw Nation WIC

Spinach Salad

- 1 can (11 ounces) mandarin oranges, undrained
- 2 tablespoons honey mustard
- 3 tablespoons vegetable oil
- 3 tablespoons cider vinegar
- ½ teaspoon ground ginger
- 8 cups spinach leaves
- 2 tablespoons bacon pieces



1. Drain oranges, reserving 2 tablespoons of the liquid. Place the reserved liquid in a large bowl. Add the honey mustard, oil, vinegar and ginger; beat with a wire whisk until well blended. (Store-bought low-fat or fat-free honey mustard dressing may be used instead.)
2. Place spinach leaves in a bowl. Top with oranges and bacon pieces. Drizzle with dressing.

Nutrition Note: This recipe makes 8 servings. Each serving has 130 calories, 7 grams of fat, 7 grams of protein, 14 grams of carbohydrates and 230 milligrams of sodium.

Why breastfeeding?



“It is so healthy. You can pass on your antibodies to your baby.”

~Annie, WIC Breastfeeding Mom from Lake Region WIC

Fruit & Nut Bars

- 1 egg
- ¼ cup applesauce, unsweetened
- 3 tablespoons honey
- 2 tablespoons creamy peanut butter
- 1 teaspoon vanilla
- 1 cup whole-wheat or all-purpose flour
- ¾ cup old-fashioned oats
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ cup nuts, any variety, chopped
- ½ cup dried fruit



1. Heat oven to 375 degrees. Spray a 9x13 inch pan with nonstick cooking spray.
2. In a large bowl, beat egg lightly. Add applesauce, honey, peanut butter and vanilla. Mix until combined.
3. In a separate bowl, combine flour, oats, salt and baking soda.
4. Add dry ingredients to egg mixture and stir until combined.
5. Stir in nuts and dried fruit.
6. With a spoon, drop batter into pan and flatten lightly.
7. Bake 8-9 minutes.

Recipe Source: Mealtime Blessings, Chickasaw Nation WIC, www.facebook.com/MealtimeBless

Nutrition Note: This recipe makes 16 bars. Each serving has 100 calories, 4 grams of fat, 3 grams of protein, 15 grams of carbohydrates and 90 milligrams of sodium.

Parmesan Bubble Bread

8 frozen bread dough dinner rolls
1/3 cup grated parmesan cheese
1/2 cup shredded mozzarella cheese



1. Thaw rolls until soft and risen (about 3 hours at room temperature).
2. Heat oven to 400 degrees. Spray baking sheet with nonstick cooking spray.
3. Form each dinner roll into a ball. Roll out into a 6-inch circle. Sprinkle with parmesan cheese and roll again. Turn over, sprinkle with parmesan cheese and roll again, so that all sides are covered in parmesan cheese.
4. Place each roll on baking sheet and sprinkle with 2 tablespoons mozzarella cheese.
5. Bake for 15 minutes or until browned and cheese is melted.

Note: You can also use a loaf of frozen bread dough. A one-pound loaf will make 12 rolls, so you will need to increase the parmesan cheese to 1/2 cup and the mozzarella cheese to 3/4 cup.

Nutrition Note: This recipe makes 8 servings. Each serving has 120 calories, 3.5 grams of fat, 7 grams of protein, 14 grams of carbohydrates and 280 milligrams of sodium.



Looking for recipes online? Check out Oregon State University's foodhero.org website to find quick, tasty, healthy recipes and helpful tips.

Crock-Pot™ Corner



Slow Cooker Cheeseburger Soup

1 tablespoon canola or olive oil
3 garlic cloves, minced
1 medium onion, chopped
2 celery stalks, chopped
1 pound lean ground beef
2 1/2 tablespoons all-purpose flour
3 cups chicken broth, low sodium preferred
1 can (12 ounces) fat free evaporated milk
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1 teaspoon Worcestershire sauce
1 tablespoon yellow mustard
1/4 teaspoon salt
1/8 teaspoon black pepper
4 ounces shredded cheddar cheese



1. Preheat oil in a large skillet over medium-high heat. Add garlic, onion and celery to skillet and cook until tender, about 10 minutes. Remove from skillet and place vegetables in the bottom of a slow cooker.
2. In the same pan, brown ground beef. Drain and rinse to remove excess fat, and then add to slow cooker.
3. In a small bowl, combine flour and 1/2 cup chicken broth. Whisk to combine (making sure it is lump-free).
4. Add the flour mixture to the skillet. Slowly pour in remaining 2 1/2 cups chicken broth. Bring to a boil, stirring constantly, and cook just until thickened. Pour over meat in slow cooker.
5. Stir in evaporated milk, paprika, garlic powder, Worcestershire sauce, mustard, salt and pepper.
6. Cook on low for 2 hours. Just before serving add cheese, stir until melted. This soup can be frozen for later use.

Nutrition Note: This recipe makes 6 servings. Each serving (using low sodium chicken broth) has 310 calories, 16 grams of fat, 26 grams of protein, 13 grams of carbohydrates and 670 milligrams sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. 800.472.2286 www.ndhealth.gov/wic

