

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MARCH 2016

## Fruit Salad Rise and Shine Omelet Cups Breakfast Casserole Banana Oat Muffins Baked French Toast

### Fruit Salad

1 can (20 ounces) pineapple tidbits canned in juice, drained  
1 can (15 ounces) sliced peaches canned in juice, drained  
1 can (11 ounces) mandarin oranges canned in juice, drained  
1 box (3.4 ounces) instant vanilla pudding  
1½ cups fat free skim or 1% milk  
½ cup frozen orange juice concentrate, thawed  
¾ cup fat free plain yogurt or fat free sour cream  
3 bananas, sliced  
2 apples, chopped

1. In a large bowl, combine the canned fruits and set aside.
2. In a small bowl, combine dry pudding mix, milk and orange juice concentrate. Beat until well blended and thickened. Beat in yogurt or sour cream.
3. Fold pudding mixture into fruit mixture. Cover and chill. Add bananas and apples just before serving.

Note: The canned and fresh fruits suggested in the recipe can be switched with whatever fruits are your family's favorites or available in your pantry.

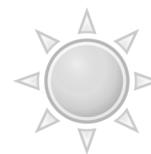
**Nutrition Note:** This recipe makes 14 servings. Each serving has 130 calories, 0 grams of fat, 2 grams of protein, 32 grams of carbohydrates and 60 milligrams of sodium.

### Tips for Raising Healthy Eaters

Set a positive example. Offer the same foods to everyone. Trust your kids to eat enough of the right foods over time.

### Rise and Shine Omelet Cups

5 eggs  
½ cup chopped ham  
½ cup reduced fat shredded cheddar cheese  
¼ cup chopped green onions or green peppers



1. Preheat oven to 350 degrees. Coat 6 muffin cups with cooking spray.
2. In a large bowl, beat the eggs. Add the ham, cheese and onions or peppers and mix together.
3. Divide egg mixture into the 6 muffin cups.
4. Bake for 20-25 minutes or until eggs reach 165 degrees using a food thermometer

**Nutrition Note:** This recipe makes 6 omelet cups. Each omelet cup has 100 calories, 5 grams of fat, 10 grams of protein, 1 gram of carbohydrates and 300 milligrams sodium.

### Breastfeeding:

#### Why breastfeed?

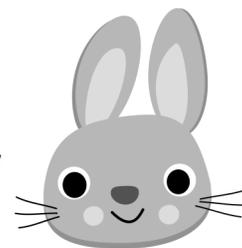


*“I chose to breastfeed because I don’t want to miss the special bonding experience only breastfeeding can bring.” ~ Kristin, WIC Breastfeeding Mom from Fargo*

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Breakfast Casserole

6 slices whole-wheat bread  
1 pound sausage  
1½ cups reduced fat shredded cheese, any variety  
6 eggs, beaten  
2 cups fat free skim or 1% milk  
1 teaspoon salt



1. Butter bread lightly and place in a 9 x 13 inch pan coated with cooking spray; set aside.
2. Brown sausage and drain. Sprinkle sausage then cheese over the bread.
3. In a mixing bowl, combine eggs, milk and salt; pour over cheese.
4. Cover and chill overnight. Remove from refrigerator 15 minutes before baking.
5. Bake at 350 degrees for 45 minutes or until casserole reaches 165 degrees using a food thermometer.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 350 calories, 22 grams of fat, 23 grams of protein, 14 grams of carbohydrates and 820 milligrams of sodium.

## Banana Oat Muffins

2 cups Cheerios or Toasted Oats cereal  
¾ cup all-purpose flour  
½ cup whole-wheat flour (All-purpose flour can also be used.)  
½ cup brown sugar  
1 teaspoon baking powder  
¼ teaspoon baking soda  
1 cup mashed very ripe bananas (2 to 3 medium)  
¾ cup fat free skim or 1% milk  
3 tablespoons vegetable oil  
1 egg white



1. Preheat oven to 400 degrees. Spray 12 muffin cups with cooking spray or line with paper muffin liners.
2. Place cereal in a food-storage plastic bag and crush with a rolling pin, bottom of a heavy saucepan or can of food.
3. In a large bowl, mix cereal, flours, brown sugar, baking powder and baking soda.
4. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
5. Bake 18-22 minutes or until golden brown.

Recipe Source: [www.EatBetterEarly.com](http://www.EatBetterEarly.com)

**Nutrition Note:** This recipe makes 12 muffins. Each muffin has 140 calories, 4 grams of fat, 2 grams of protein, 25 grams of carbohydrates and 150 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

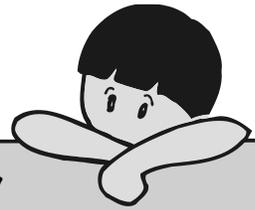


## GROWING HAPPY FAMILIES



**Let go a little to gain a lot.**

It's natural for moms to worry about their preschoolers' eating habits. Offer healthy foods and let your kids choose from them. They'll be more likely to enjoy mealtime and eat enough, so everyone is happier.



## Turn Off the TV

Build a fort with cardboard boxes and blankets. Create a tunnel with boxes that your child can crawl through.

Source: Nutrition Matters™, [www.numatters.com](http://www.numatters.com)

## Baked French Toast

3 eggs, lightly beaten  
1 can (12 ounces) fat free evaporated milk  
½ teaspoon cinnamon  
8 slices French bread



1. Preheat oven to 425 degrees. Coat a baking sheet with cooking spray and set aside.
2. In a mixing bowl, combine eggs, milk and cinnamon.
3. Arrange bread evenly in a single layer in a glass baking dish. Pour equal amounts of the egg mixture over bread, turning slices over once to coat. Cover and place in the refrigerator for an hour or until the liquid is absorbed.
4. Place each slice of bread on the baking sheet and bake for 10 minutes. Turn slices over and bake an additional 5-10 minutes.
5. Serve with your favorite French toast toppings.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 290 calories, 5 grams of fat, 18 grams of protein, 43 grams of carbohydrate and 540 milligrams of sodium.