



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

MARCH 2019

Tuna Melt Baked Brown Rice Fruity French Toast Casserole Hummus Crock-Pot™ Creamy Chicken

Tuna Melt

- 2 cans (5 ounces) chunk light tuna in water, drained
- 1 medium red onion, chopped
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- Salsa, to taste
- 1/8 teaspoon ground pepper
- 4 slices whole wheat bread, toasted
- 1/4 cup shredded, reduced fat cheddar cheese



1. Turn on oven broiler.
2. Combine tuna, onion, mayonnaise, lemon juice, salsa and pepper in a medium bowl. Spread 1/4 of the tuna mixture on each slice of toast; top with cheese.
3. Place on a baking sheet and broil until cheese is bubbling and golden brown, about 3-5 minutes.

Recipe Source: NDSU Extension Service, Cooking 101, Healthy Meals in Less than 30 Minutes

Nutrition Note: This recipe makes 4 servings. Each serving has 250 calories, 7 grams of fat, 32 grams of protein, 21 grams of carbohydrates and 400 milligrams of sodium.

Baked Brown Rice

- 2 to 2 1/2 cups liquid (water or broth)
- 1 cup uncooked brown rice
- 1 tablespoon butter or margarine (optional)



1. Heat oven to 350 degrees.
2. Bring water or broth just to a boil in a covered saucepan.
3. Combine boiling liquid, rice and butter in a baking dish or pan; stir.
4. Cover tightly and bake for 1 hour.
5. Remove from oven carefully. Fluff with a fork before serving.

Recipe Source: www.usarice.com

Nutrition Note: This recipe makes 6 servings. Each serving has 130 calories, 3 grams of fat, 3 grams of protein, 24 grams of carbohydrates and 25 milligrams of sodium.

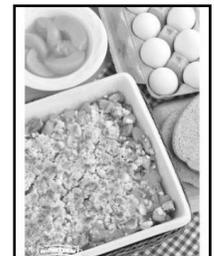
Why breastfeed?

“I have heard breastfeeding provides wonderful benefits to both mom and baby, and I would love to provide those benefits to my baby!”

~Brianna, WIC Breastfeeding Mom from Fargo

Fruity French Toast Casserole

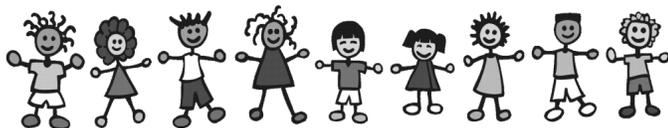
- 8 cups whole-grain bread cubes
- 4 eggs, slightly beaten
- 1 cup milk
- 2 teaspoons vanilla
- 1/2 cup white sugar
- 2 cups diced fresh, frozen or canned fruit
- 1/4 cup margarine or butter, softened
- 1/2 cup flour



1. Coat a 8 x 8 inch-baking pan or 2-quart casserole dish with nonstick cooking spray. Add bread cubes.
2. In a medium bowl, blend eggs, milk, vanilla and 1/4 cup sugar. Pour over bread cubes. Stir gently to wet all cubes with egg mixture. Top with fruit.
3. Cover with plastic wrap and refrigerate until all liquid is absorbed (30 minutes) or as long as overnight.
4. Heat oven to 350 degrees. Just before baking, remove casserole from refrigerator.
5. To make the topping, combine margarine/butter, 1/4 cup sugar and flour in a small bowl and mix until crumbly.
6. Remove plastic wrap and sprinkle topping over fruit. Bake until completely set and starting to brown (food thermometer inserted reaches 160 degrees), about 35-40 minutes. Serve warm.
7. Refrigerate leftovers within 2 hours.

Recipe Source: foodhero.org

Nutrition Note: This recipe makes 8 servings. Each serving has 300 calories, 9 grams of fat, 9 grams of protein, 45 grams of carbohydrates and 250 milligrams of sodium.



Great Mealtime Conversations
Start Here

Reconnect with those you love at mealtime. Ask your children questions like “What’s more fun...doing a puzzle or drawing a picture? Why?” or “What is your favorite book?”.

Hummus

1 can (15 ounces) garbanzo beans, drained and rinsed
2 tablespoons lemon juice (fresh or bottled)
2 teaspoons vegetable oil
½ cup nonfat plain yogurt
1 clove garlic or ¼ teaspoon garlic powder
¼ teaspoon black pepper
½ teaspoon ground cumin

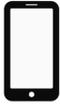


1. Place all ingredients in a blender or spread beans on a large plate.
2. Blend to desired consistency or mash well with a fork until smooth. If hummus seems too thick, add 2 teaspoons water.
3. Serve with fresh vegetables.

Recipe Source: foodhero.org

Nutrition Note: This recipe makes 16 servings. Each serving (2 tablespoons hummus with 1/2 cup vegetables) has 50 calories, 1 gram of fat, 2 grams of protein, 9 grams of carbohydrates and 105 milligrams of sodium.

Looking for recipes online?



Check out the NDSU Extension Service Food and Nutrition website at www.ag.ndsu.edu/food/recipes to find quick, tasty, healthy recipes and helpful tips.

NORTH
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Be Legendary.™

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

Crock-Pot™ Corner



Crock-Pot™ Creamy Chicken

4 boneless, skinless chicken breasts
½ cup water
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried basil
¼ teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon black pepper
1 can (10.5 ounces) cream of chicken soup (reduced fat, low sodium preferred)
½ cup cream cheese
2 cups fresh or frozen vegetable mix, any variety

1. Place chicken breasts into the crockpot.
2. In a mixing bowl, combine water and seasonings. Pour over chicken.
3. Layer chicken soup on top of chicken. Cover and cook on low for 3 hours. (Chicken is cooked when a food thermometer inserted into the center of the chicken reaches 165 degrees).
4. Remove chicken and shred. Add shredded chicken, cream cheese and vegetables. Cook for another 30 minutes until cream cheese is melted and vegetables are soft and heated through.
5. Turn off heat and let stand for a few minutes to allow sauce to thicken.
6. Serve over your favorite whole grain (pasta, rice, etc.) with a salad and fruit on the side.

Recipe Source: www.wichealth.org

Nutrition Note: This recipe makes 6 servings. Each serving (using reduced-fat, low-sodium cream soup) has 320 calories, 12 grams of fat, 39 grams of protein, 13 grams of carbohydrates and 330 milligrams of sodium.

Instead of thinking about
WHAT'S FOR DINNER,
let's think about
WHAT DINNER'S FOR.

MEALTIME BLESSINGS

Join the mealtime movement by connecting with @mealtimeblessings

f t i #MealtimeMatters