



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

APRIL 2019

White Bean and Ham Soup
Egg Salad Sandwich
Fruit Pizza
Perfect Hard-Cooked Eggs
Buttermilk Ranch Potatoes

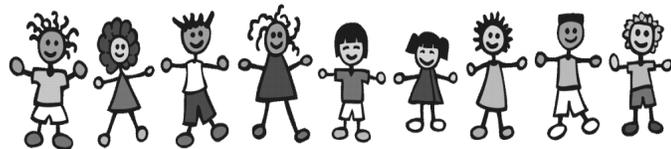
White Bean and Ham Soup

2 cans (15-16 ounces) great northern beans, rinsed and drained or low-sodium
2 medium carrots, diced
1 small onion, chopped
1 tablespoon butter or margarine
2 1/4 cups water
1 1/2 cups cooked ham, cubed
1/2 teaspoon salt
1/4 teaspoon pepper
1 bay leaf



1. Mash one can of the beans and set aside.
2. In a large saucepan, sauté carrots and onion in butter.
3. Stir in water, ham, seasonings and whole and mashed beans.
4. Cook over medium heat until heated through. Discard bay leaf before serving.

Nutrition Note: This recipe makes 6 servings. Each serving using low-sodium beans has 260 calories, 4.5 grams of fat, 20 grams of protein, 36 grams of carbohydrates and 860 milligrams of sodium.



**Great Mealtimes Conversations
Start Here**

Reconnect with those you love at mealtime. Ask your children questions like “Would you like to be a little baby again? Why or why not?” or “How tall do you want to be when you grow up? Why?”

Source: Mealtime Blessings, Chickasaw Nation WIC

Egg Salad Sandwich

4 eggs, hard-cooked, finely chopped
2 tablespoons onion, finely chopped
2 tablespoons celery, finely chopped
1 tablespoon prepared yellow mustard
1 tablespoon dill pickle juice
Dash of salt
1/2 cup low-fat mayonnaise or salad dressing



1. Combine the first three ingredients in a bowl.
2. In a second bowl, combine the mustard, dill pickle juice, salt and mayonnaise; mix well.
3. Mix the egg ingredients into the salad dressing.
4. Spread filling onto bread slices or buns.

Nutrition Note: This recipe makes 6 sandwiches. Each sandwich has 260 calories, 12 grams of fat, 11 grams of protein, 27 grams of carbohydrates and 500 milligrams of sodium.

Why breastfeed?

“The connection you get to have with your little one is a beautiful bond. I feel breastfeeding helped with that bond between my daughter and I.”



~ Katrina, WIC Breastfeeding Mom from Lake Region WIC

Fruit Pizza

1 English muffin
2 tablespoons reduced-fat or fat-free cream cheese
2 tablespoons sliced strawberries
2 tablespoons blueberries
2 tablespoons crushed pineapple



1. Split open English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide fruit between the two muffin halves and arrange on top of cream cheese.

Recipe Notes: Any combination of fruit can be used for topping the pizza. Peanut butter can be used in place of cream cheese.

Recipe Source: foodhero.org

Nutrition Note: This recipe makes 2 pizzas. Each pizza has 120 calories, 3 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 190 milligrams of sodium.

Perfect Hard-Cooked Eggs

1. Place a single layer of eggs in a saucepan. Add cold water to cover eggs by at least 1 inch. Heat over high heat just until the water comes to a full boil.
2. Take the pan off the heat and cover with a lid or plate. Leave eggs in the hot water. Time depends on egg size: medium—9 minutes, large—12 minutes.
3. Immediately drain eggs. Serve warm or cool completely under cold running water or in ice water. Refrigerate within 2 hours of cooking. Use peeled eggs within 2 days or refrigerate in the shell for up to a week.

Tips for easier peeling:

- Refrigerate eggs for 7-10 days before cooking. This gives time for the two membranes inside the shell to separate slightly.
- Eggs are easier to peel after cooling.
- Roll egg gently on the counter until the shell has small cracks all over.
- Start peeling at the large end.
- Hold egg under cold running water to help loosen the shell.

Recipe Source: foodhero.org

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

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Crock-Pot™ Corner

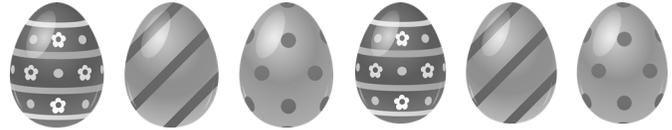


Buttermilk Ranch Potatoes

2 pounds red potatoes, cut in 1-inch chunks (about 6-7 cups)
6 ounces light cream cheese
1 envelope buttermilk Ranch dressing mix
1 can (10.5 ounces) condensed cream of potato soup

1. Place potatoes in a crock-pot.
2. In a small bowl, combine cream cheese, dressing mix and soup.
3. Pour over potatoes and stir.
4. Cook on low for 6-8 hours or on high for 1 hour, then low for 2-3 hours.

Nutrition Note: This recipe makes 12 servings. Each serving has 110 calories, 2.5 grams of fat, 3 grams of protein, 20 grams of carbohydrates and 390 milligrams of sodium.



Looking for recipes online?

Check out the University of Nebraska-Lincoln Food website at <https://food.unl.edu/welcome-cook-it-quick> to find quick, tasty, healthy recipes and helpful cooking tips.



Make **TOGETHERNESS**
the main course at mealtime tonight.



**MEALTIME
BLESSINGS**