



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

MAY 2019

Fruit Salad
Quick Broccoli
French Toast Dippers
Pulled Pork
Fruit and Yogurt Muffins

Quick Broccoli

1. Chop broccoli into small pieces and rinse.
2. Place wet broccoli in a small microwave safe dish. Season with salt and black pepper. Cover with a paper towel.
3. Microwave for 1-2 minutes until soft and crunchy.
4. Top with a squeeze of fresh lemon or grated parmesan cheese.



Recipe Source: Nutrition Matters, Inc., www.numatters.com

Fruit Salad

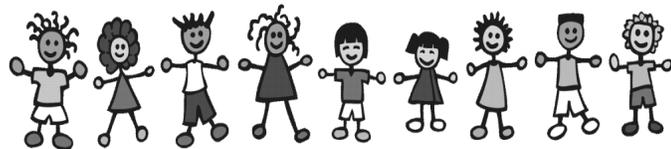
1 package (3.4 ounces) instant vanilla, lemon, coconut cream or banana pudding mix
 2 cups cold fat-free skim or 1% milk
 8 cups fresh or canned fruit: sliced bananas, blueberries, raspberries, sliced peaches, pears, apricots, seedless halved green or red grapes, pineapple chunks

1. Prepare pudding according to directions and refrigerate.
2. Layer fruit in a large bowl.
3. Spread pudding on top of fruit.
4. Top with additional fresh berries if desired.

Notes: Use flavored yogurt instead of pudding. Top with crushed vanilla wafers. Prepare salad in individual cups.

Recipe Source: Nutrition Matters, Inc., www.numatters.com

Nutrition Note: This recipe makes 10 servings. Each serving has 130 calories, 0 grams of fat, 3 grams of protein, 30 grams of carbohydrates and 160 milligrams of sodium.



**Great Mealtime Conversations
 Start Here**

Reconnect with those you love at mealtime. Ask your children questions like "What is your favorite time of day: morning, noon or night?" or "What is your favorite color? What do you like about it?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Why breastfeed?



"I enjoy the bond I have between me and my baby girl. It's a great feeling knowing I'm the reason she is growing each and every day, keeping her healthy and strong day by day, #momlife."

~Amber, WIC Breastfeeding Mom from Minot

French Toast Dippers

4 slices whole-wheat bread
 3 cups Crisp Rice-type cereal
 1 tablespoon sugar
 3/4 teaspoon cinnamon
 3 eggs
 1/2 cup fat-free skim or 1% milk
 1 teaspoon vanilla



1. Heat oven to 425 degrees. Coat a baking sheet with nonstick cooking spray.
2. Cut each slice of bread into four sticks. Place sticks on a cooling rack for about 20 minutes to dry out a little.
3. Put cereal into a resealable bag and crush into fine crumbs.
4. Put crumbs into a bowl and add sugar and cinnamon. Mix well.
5. In a separate bowl, combine eggs, milk and vanilla. Beat until well blended.
6. Dip each breadstick into egg mixture and then roll in crumb mixture.
7. Bake for 17-19 minutes or until crispy.

Nutrition Note: This recipe makes 16 sticks or 4 servings. Each serving has 250 calories, 5 grams of fat, 11 grams of protein, 37 grams of carbohydrates and 330 milligrams of sodium.

Crock-Pot™ Corner



Pulled Pork

1 small pork tenderloin (2 to 3 pounds)
1 packet dry onion soup mix
¾ cup water



1. Cut thawed tenderloin into three or more chunks.
2. Place all ingredients into a slow cooker. Cook on high for 6 hours. Pull apart meat with a fork after 4-5 hours.
3. Serve on whole wheat buns or whole wheat tortillas with barbeque sauce.

Recipe Source: NDSU Extension Service, Cooking 101, Hot Tips about Food Storage

Nutrition Note: This recipe makes 8 servings. Each serving has 150 calories, 4.5 grams of fat, 24 grams of protein, 2 grams of carbohydrates and 210 milligrams of sodium.

Fruit and Yogurt Muffins

2 cups all-purpose flour
1 cup white sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 cup low-fat or nonfat yogurt, any flavor
1 egg
1 teaspoon vanilla extract
4 tablespoons butter, melted
2 cups fresh fruit, any variety



1. Heat oven to 350 degrees. Line 12 muffin cups with paper liners or coat with nonstick cooking spray.
2. In a large bowl, stir together flour, sugar, baking soda and baking powder.
3. In a separate bowl, combine yogurt, egg, vanilla, butter and fruit.
4. Stir mixtures together just until combined (batter will be very thick). Scoop into muffin pan.
5. Bake for 25 minutes.

Nutrition Note: This recipe makes 12 muffins. Each muffin has 210 calories, 5 grams of fat, 4 grams of protein, 38 grams of carbohydrates and 200 milligrams of 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

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Check out the Spend Smart. Eat Smart. website and app at <https://spendsmart.extension.iastate.edu/> to find quick, tasty, healthy recipes and helpful cooking tips.



Satisfy your hunger for
**CLOSENESS,
COMPASSION,
COMMUNICATION.**
(Not to mention food.)



**MEALTIME
BLESSINGS**