



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

JUNE 2019

Pasta and Vegetables Fancy Yogurt Parfaits Peanut Butter Crunch Cookies Orange Delight Ranch Chicken Tacos

Pasta and Vegetables

- 8 ounces uncooked whole-wheat/whole-grain pasta
- 1 tablespoon canola, olive or vegetable oil
- 2 medium carrots, cut into 1-inch pieces
- ½ cup chopped onion
- 3 cups fresh or frozen vegetables like broccoli, cauliflower, peas, etc.
- 1 jar (14-15 ounces) alfredo sauce or 1 jar (24 ounces) spaghetti sauce
- Parmesan cheese, optional



1. Cook pasta according to package directions. Drain and set aside.
2. Heat oil in a 12-inch skillet over medium-high heat. Add vegetables. Stir-fry for 6-8 minutes or until vegetables are tender-crisp.
3. Add sauce and pasta to vegetables, mix and cook until heated.
4. Sprinkle with parmesan cheese if desired.

Nutrition Note: This recipe makes 8 servings. Each serving using spaghetti sauce has 190 calories, 4 grams of fat, 7 grams of protein, 33 grams of carbohydrates and 390 milligrams of sodium.

Fancy Yogurt Parfaits

- 1 cup fat-free or nonfat yogurt, plain or flavored
- ½ cup fruit, any kind, fresh or frozen
- ¼ cup crunchy cereal or granola



1. Spoon half of the yogurt in a dish or glass and top with ½ of the fruit and ½ of the cereal. Repeat layers.

Recipe Source: Oklahoma State Department of Health

Nutrition Note: This recipe makes 1 serving. Each serving has 340 calories, 5 grams of fat, 15 grams of protein, 62 grams of carbohydrates and 230 milligrams of sodium.

Why breastfeed?

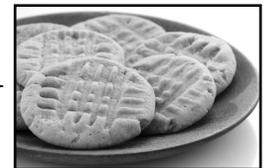


“Breastmilk was the best choice for my daughter who was born two months prematurely.”

~ Breastfeeding Mom from Lake Region WIC

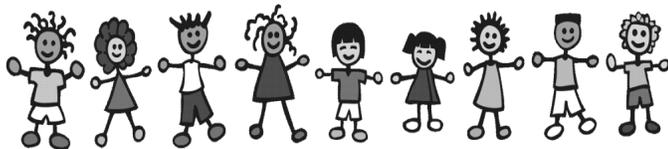
Peanut Butter Crunch Cookies

- 1¼ cups all-purpose flour
- ½ cup Cream of Wheat © cereal (1-minute, 2½-minute or 10-minute cook time), uncooked
- ½ teaspoon baking soda
- Pinch of salt
- ¼ cup (½ stick) margarine or butter, softened
- ⅓ cup crunchy peanut butter
- ¾ cup firmly-packed brown sugar
- 1 egg
- 1 teaspoon vanilla



1. Heat oven to 350 degrees. Mix flour, cereal, baking soda and salt in a medium-size bowl; set aside.
2. Beat margarine and peanut butter in a large bowl with an electric mixer on medium speed until well blended. Gradually add brown sugar, beating until light and fluffy. Blend in egg and vanilla.
3. Gradually add the flour mixture, beating well after each addition.
4. Shape into balls, each about 1 inch in diameter. Place 2 inches apart on an ungreased baking sheet.
5. Flatten each in crisscross pattern with fork dipped in sugar.
6. Bake 12-15 minutes or until edges are lightly browned. Cool 1 minute; remove from baking sheet. Cool completely on wire racks.

Nutrition Note: This recipe makes 16 cookies. Each cookie has 150 calories, 6 grams of fat, 3 grams of protein, 22 grams of carbohydrates and 125 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like “What is your favorite thing to eat? Why?” or “What is your favorite thing to drink? Why?”

Source: Mealtime Blessings, Chickasaw Nation WIC

Orange Delight

4 cups fat-free skim or 1% milk
6 ounces frozen orange juice concentrate (about $\frac{3}{4}$ cup)
1 teaspoon vanilla

1. Place all ingredients in a blender. Cover with the lid tightly.
2. Blend for about 30 seconds or until smooth.

Note: If you don't have a blender, mix the ingredients in bowl until frothy. Add a small banana, a handful of strawberries or another favorite fruit before blending if desired.

Recipe Source: foodhero.org



Crock-Pot™ Corner



Ranch Chicken Tacos

2 pounds boneless, skinless chicken breasts
3 tablespoons olive oil (or any cooking oil)
2 tablespoons red wine vinegar (or white vinegar)
1 packet (1 ounce) taco seasoning, low sodium preferred
1 packet (1 ounce) dry ranch seasoning packet



1. Place all ingredients into a slow cooker. Cook on low for 4-6 hours.
2. Shred chicken and mix with sauce in the slow cooker.
3. Serve with whole-wheat/whole-grain or soft corn tortillas and your family's favorite taco toppings (lettuce, salsa, cheese, etc.)

Nutrition Note: This recipe makes 8 servings. Each serving with chicken only and using low-sodium taco seasoning has 180 calories, 8 grams of fat, 23 grams of protein, 7 grams of carbohydrates and 910 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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Looking for recipes online?

Check out the Minnesota WIC website at www.health.state.mn.us/people/wic/recipes to find quick, tasty, healthy recipes using your WIC foods.

