

Pick-WIC Paper

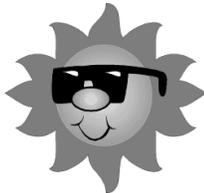
NORTH DAKOTA WIC PROGRAM

JULY 2016

Vegetarian Taco Salad Mango Salsa Pasta Chicken Breast Salad Fish Tacos Orange Delight Juice

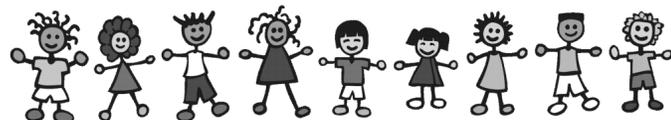
Vegetarian Taco Salad

- 1 cup black beans, drained and rinsed
- 3 cups lettuce
- ¼ cup chopped chili peppers
- 1 cup diced tomatoes
- 1 cup shredded reduced-fat cheddar cheese
- ¼ cup low-fat sour cream
- 1 cup salsa
- 40 baked corn tortilla chips



1. In a medium bowl, mix together beans, lettuce, peppers, tomatoes, cheese and sour cream. Toss to mix well.
2. Add salsa and toss again.
3. Place tortilla chips on a platter or in a large serving bowl. Spoon bean mixture on top.

Nutrition Note: This recipe makes 4 servings. Each serving has 230 calories, 6 grams of fat, 15 grams of protein, 31 grams of carbohydrates and 920 milligrams of sodium.



Tips for Raising Healthy Eaters

Be patient. Your kids are learning to eat, so be ready to wipe up a few spills. Use small bowls so your kids can see the food, and use serving utensils they can hold easily in their little hands.

Mango Salsa

- 1 mango
- ½ small red onion, chopped
- 1 tablespoon chopped fresh cilantro (or 1 teaspoon dried)
- ¼ teaspoon salt
- Juice of 1 lime



1. Cut the mango following the instructions on this website: www.simplyrecipes.com/recipes/how_to_cut_a_mango/.
2. Chop the mango cubes into smaller pieces. Place in a medium bowl.
3. Add chopped onion, cilantro, salt and lime juice. Stir well.
4. Serve with baked tortilla chips, baked chicken or grilled fish.

Nutrition Note: This recipe makes 4 (½ cup) servings. Each serving has 60 calories, 0 grams of fat, 1 gram of protein, 15 grams of carbohydrates and 150 milligrams of sodium.

Breastfeeding:

Why breastfeed?



“It’s an experience I don’t want to miss out on. It will be such a strong physical bond between my baby and me.” ~ Cheryl, WIC Breastfeeding Mom from Fargo

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding

Pasta Chicken Breast Salad

- 8 ounces rotelle pasta, uncooked (any variety of shaped pasta can be used)
- 4 chicken breasts, 3 ounces each
- 4 teaspoons lemon pepper
- 1 head lettuce
- 10 spinach leaves
- 1 cup red grapes, halved
- 1 cup strawberries, halved
- Raspberry vinaigrette dressing

1. Cook pasta according to package directions. Rinse with cold water and set aside.
2. Sprinkle chicken breasts with lemon pepper and broil or grill over medium heat for 10 minutes, turning once or until the chicken reaches an internal temperature of 165 degrees using a food thermometer.
3. Wash and tear lettuce. Place lettuce and spinach on plates. Sprinkle pasta, grapes and strawberries over greens.
4. Slice chicken breasts and place on top. Serve with dressing.

Nutrition Note: This recipe makes 4 servings. Each serving has 380 calories, 3.5 grams of fat, 27 grams of protein, 60 grams of carbohydrates and 430 milligrams of sodium.

Fish Tacos

- ½ cup non-fat sour cream
- ¼ cup fat-free mayonnaise
- ½ cup fresh, chopped cilantro
- ½ package low-sodium taco seasoning mix
- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 12 corn tortillas, warmed (6-inch)
- 2 cups shredded red and green cabbage
- 2 cups diced tomatoes
- Lime wedges for serving (optional)



1. In a small bowl, combine sour cream, mayonnaise, cilantro and 2 tablespoons taco seasoning mix. Set aside.
2. In a medium bowl, combine cod, oil, lemon juice and remaining taco seasoning mix; pour into large skillet. Cook stirring constantly over medium-high heat for 4-5 minutes or until the fish reaches an internal temperature of 145 degrees using a food thermometer
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomatoes, sour cream mixture, lime wedges and taco sauce.

Recipe Source: What's Cooking? USDA Mixing Bowl, www.usda.gov/whatscooking

Nutrition Note: This recipe makes 6 servings. Each serving has 230 calories, 5 grams of fat, 18 grams of protein, 32 grams of carbohydrates and 350 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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Turn Off the TV

Play hopscotch. Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids can hop, stoop and bend.

Orange Delight Juice

- 1 cup orange juice
- ½ banana
- 1 cup apple juice
- 1 teaspoon honey
- ⅛ teaspoon cinnamon
- 1 cup crushed ice



1. Place all ingredients in a blender and blend until frothy.
2. Spoon into glasses.

Recipe Source: What's Cooking? USDA Mixing Bowl, www.usda.gov/whatscooking

Nutrition Note: This recipe makes 4 servings. Each serving has 70 calories, 0 grams of fat, 1 gram of protein, 19 grams of carbohydrates and 0 milligrams of sodium.

GROWING HAPPY FAMILIES



Let them learn by serving themselves.

Let your kids serve themselves at meals. Teach them to take small amounts at first. Assure them they can have more if they are still hungry.