

# Pick-WIC Paper

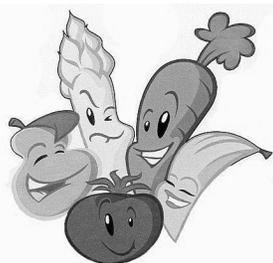
NORTH DAKOTA WIC PROGRAM

AUGUST 2016

## Vegetable Pizza Cheesy Zucchini Creamy Cucumber Salad Fruit Crisp Veggie Burritos

### Vegetable Pizza

- 1 package low-fat crescent rolls
- 4 ounces non-fat cream cheese
- ½ cup non-fat mayonnaise
- ½ cup non-fat sour cream
- ½ teaspoon dried basil or thyme
- ½ cup broccoli, chopped
- ½ cup cauliflower, chopped
- ¼ cup green pepper, finely chopped
- ½ cup carrot, finely chopped
- ½ cup shredded low-fat cheddar cheese

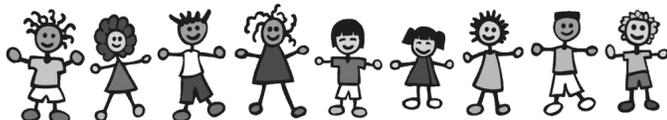


1. Preheat oven to 350 degrees.
2. Unroll crescent rolls and place them on a baking sheet. Bake for 10 minutes.
3. Mix together cream cheese, mayonnaise, sour cream and basil until smooth.
4. Spread mixture on the cooled crescent rolls.
5. Sprinkle the chopped vegetables and shredded cheddar cheese on top of the cream cheese mixture.

Note: Whole-wheat tortillas can be substituted for crescent rolls.

Recipe Source: Food Hero, Oregon State University Extension Service, [www.foodhero.org](http://www.foodhero.org)

**Nutrition Note:** This recipe makes 4 servings. Each serving has 280 calories, 11 grams of fat, 13 grams of protein, 36 grams of carbohydrates and 860 milligrams of sodium.



### Tips for Raising Healthy Eaters

Make some meals special. Have a color contest and see how many green, red, yellow and orange fruits and vegetables you can include in one meal.

### Cheesy Zucchini

- 1 tablespoon margarine or butter
- 4 medium zucchini, sliced, or 3 cups eggplant, cut into bite-size pieces
- ¾ cup reduced-fat Monterey Jack cheese, shredded
- Salt and pepper to taste

1. Melt margarine in a large frying pan over medium-high heat.
2. Add sliced zucchini and cook until tender-crisp, stirring frequently.
3. Sprinkle with cheese, salt and pepper.
4. Cover and cook over medium heat for 2 minutes or until cheese melts.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 60 calories, 4.5 grams of fat, 4 grams of protein, 1 gram of carbohydrates and 130 milligrams of sodium.

### Breastfeeding:

#### Why breastfeed?



*“I chose to breastfeed because it is more nutritious and you don’t have to make a bottle. You don’t have to mess with powder or warm it up. It’s ready when you need it and my mother did it”*

~ WIC Breastfeeding Mom from Fargo

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Creamy Cucumber Salad

- 3 large cucumbers
- ¼ cup diced onion (optional)
- 1 teaspoon salt
- 2 tablespoons light ranch dressing
- ½ cup light salad dressing or mayonnaise
- 1 tablespoon skim or 1% milk
- 1 teaspoon white sugar
- 1 teaspoon white vinegar



1. Wash, peel and slice cucumbers.
2. Place cucumbers and onion (optional) in a medium serving bowl and sprinkle with salt. Toss together.
3. Let stand for 2 hours. Drain any excess water from the cucumbers.
4. In a small bowl, mix dressings, milk, sugar and vinegar.
5. Add dressing to cucumbers and mix. Refrigerate until serving time.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 60 calories, 4.5 grams of fat, 1 gram of protein, 4 grams of carbohydrates and 350 milligrams of sodium.

## Fruit Crisp

4 cups sliced fresh, canned or frozen fruit like:

- apples with 1 teaspoon cinnamon
- peaches with ½ teaspoon nutmeg
- blueberries with ½ teaspoon nutmeg
- peaches and blueberries
- rhubarb with 2 teaspoons grated orange peel + 1 cup white sugar

½ cup quick or old fashioned rolled oats

⅓ cup all-purpose or whole-wheat flour

⅓ cup white or brown sugar

¼ teaspoon salt

¼ cup butter or margarine, cold (cut into chunks)

1. Preheat oven to 375 degrees.
2. Coat the bottom of an 8" round or square pan with nonstick cooking spray.
3. Spread fruit over bottom of pan.
4. Stir together oats, flour, sugar and salt. Cut in the butter using a pastry cutter, knives or by squeezing through your clean hands. (It will be easier to spread on the fruit with smaller chunks.)
5. Sprinkle flour mixture over fruit.
6. Bake uncovered for about 25 minutes or until topping is golden and fruit is bubbly.

Recipe Adapted from: Spend Smart Eat Smart, Iowa State University Extension and Outreach, [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

**Nutrition Note:** This recipe makes 8 servings. Each serving has 150 calories, 6 grams of fat, 1 gram of protein, 25 grams of carbohydrates and 120 milligrams of sodium.



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

North Dakota Department of Health  
600 E. Boulevard Avenue., Dept. 301  
Bismarck, N.D. 58505-0200  
800.472.2286, option 1



## Turn Off the TV



Chase shadows in the summer sun or the light of a full moon

## Veggie Burritos

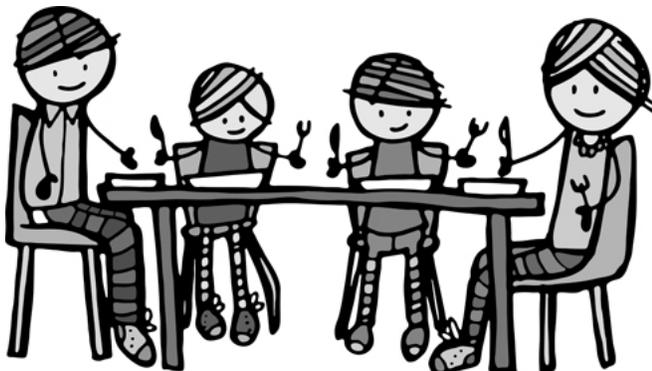
- 1 red pepper, sliced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red onion, sliced
- 2 tablespoons olive oil
- 2 tablespoons any kind of vinaigrette dressing
- 1½ cups cooked brown rice
- 1 can (15-16 ounces) black beans, drained (low sodium preferred)
- 8 whole wheat tortillas
- 8 ounces shredded low-fat cheddar cheese

1. Toss vegetables, oil and dressing together. Cook in a basket or a pan made for grilling.
2. Cook on medium heat for about 10 minutes or until vegetables are tender-crisp.
3. Spoon some of the cooked vegetable mixture, rice and black beans into each tortilla. Sprinkle with cheese, then roll up.

Note: The veggie part of the recipe can also work as a tasty side dish or can be used as a topping for homemade pizza.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 310 calories, 8 grams of fat, 16 grams of protein, 45 grams of carbohydrates and 500 milligrams of sodium.

## GROWING HAPPY FAMILIES



## Prepare Fruits and Vegetables Together

Children learn about fruits and vegetables when they help make them. All of that mixing, mashing and measuring makes them want to taste what they are making. It's a great trick for helping your picky eater try fruits and vegetables.