



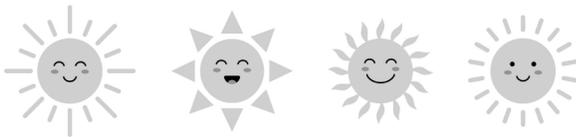
Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

AUGUST 2019

Banana Berry Brain Freeze Italian Zucchini Black Bean Burgers Marinated Vegetable Salad Breakfast Casserole



Banana Berry Brain Freeze

- 4 cups fresh or frozen berries, any variety
- 1 ripe banana
- ½ cup water
- ¼ cup frozen fruit juice concentrate

1. Freeze fresh berries and banana.
2. Place frozen berries and banana, water and frozen fruit juice concentrate in a blender or food processor.
3. Blend until completely smooth.



Recipe Source: Nutrition in the Kitchen cookbook, The Children's Hospital of Philadelphia

Nutrition Note: This recipe makes 6 servings. Each serving has 70 calories, 0 grams of fat, 1 gram of protein, 19 grams of carbohydrates and 0 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "Why is it important, sometimes, to have a bath?" or "Why is it important to brush your teeth?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Italian Zucchini

- 2 teaspoons olive oil
- 4 small to medium zucchini, sliced
- 1 can (14.5 ounces) Italian-style tomatoes



1. In a large skillet, add olive oil and sauté zucchini over medium heat.
2. Add tomatoes. Simmer until heated through, zucchini is soft and juices are cooked down. Top with parmesan cheese if desired.

Nutrition Note: This recipe makes 4 servings. Each serving has 60 calories, 2.5 grams of fat, 1 gram of protein, 10 grams of carbohydrates and 330 milligrams of sodium.

Why breastfeed?

"It creates quality time with your precious baby during a busy day."



~ Breastfeeding Mom from Lake Region WIC

Black Bean Burgers

(Recipe submitted by Erica, Fargo WIC Participant)

- 2 cans (15-16 ounces each) black beans, drained and rinsed or low sodium
- 1 tablespoon extra virgin olive oil
- ¼ cup finely chopped bell pepper (½ of a pepper)
- 1 cup finely chopped yellow onion (½ of a large onion)
- 3 garlic cloves, minced (about 1 tablespoon)
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon smoked or regular paprika
- ½ cup bread crumbs or all-purpose flour
- ½ cup feta cheese
- 2 large eggs
- 1 tablespoon Worcestershire sauce
- 2 tablespoons ketchup, mayonnaise or barbeque sauce
- Pinch of salt and black pepper



1. Heat oven to 325 degrees. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
2. In a skillet, add olive oil, pepper, onion and garlic, and sauté over medium heat until peppers and onions are soft, about 5-6 minutes.
3. Remove from heat and gently blot some of the moisture out. Place in a large bowl or food processor with all other ingredients except beans. Stir or pulse everything together, then add the beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
4. Form into patties using about ½ cup mixture for each patty.
5. Place patties on a lined baking sheet and bake in a 375 degree oven for 10 minutes on each side, 20 minutes total. For grilling, place patties on greased aluminum foil and grill 8 minutes on each side.
6. Serve on whole-wheat buns with your favorite burger toppings.

Nutrition Note: This recipe makes 6 burgers. Each burger (using low-sodium beans) has 280 calories, 8 grams of fat, 15 grams of protein, 39 grams of carbohydrates and 530 milligrams of sodium.

Marinated Vegetable Salad

4 cups assorted vegetables cut in bite-sized pieces, such as broccoli, carrots, black olives, radishes, cauliflower, celery, cucumbers, cherry tomatoes, etc.
¾ cup Italian salad dressing

1. Place vegetables in a large bowl.
2. Pour salad dressing over vegetables.
3. Mix and store covered in a container in the refrigerator until ready to serve.

Recipe Source: NDSU Extension Service, Now Serving: Tasty, Healthful Meals on a Budget Week 2

Nutrition Note: This recipe makes 4 servings. Each serving has 150 calories, 13 grams of fat, 1 gram of protein, 10 grams of carbohydrates and 55 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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Crock-Pot™ Corner



Breakfast Casserole

1 bag (30 ounces) frozen hash browns
12 eggs
1 cup 1% or fat-free skim milk
1 tablespoon ground mustard
½ teaspoon salt
¼ teaspoon black pepper
1 pound ground sausage
16 ounces shredded cheddar cheese



1. Spray slow cooker with nonstick cooking spray. Evenly spread hash browns on the bottom.
2. Crack eggs in a large bowl; mix well using a whisk. Add milk, mustard, salt and pepper. Mix well and set aside.
3. Brown sausage; drain excess fat. Place on top of hash browns.
4. Sprinkle with cheese, and mix well. Pour egg mixture on top of all ingredients.
5. Cook on low for 6-8 hours.

Nutrition Note: This recipe makes 12 servings. Each serving has 410 calories, 32 grams of fat, 24 grams of protein, 16 grams of carbohydrates and 660 milligrams of sodium.

Looking for recipes online?



Check out the Big Oven website and app at www.bigoven.com to find tasty, healthy recipes, a meal planner and grocery list.

A black and white photograph of a young child in a plaid shirt pouring milk from a white pitcher into a bowl. The child is being supported from behind by an adult's hands. The background is a kitchen setting.

the Chickasaw Nation

Feed your kids some
SELF-CONFIDENCE
at mealtime.

MEALTIME BLESSINGS