

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

OCTOBER 2016

## Burrito Casserole Black Bean and Corn Soup Apple Salad Sensational Six-Layer Dinner Creamy Baked Chicken

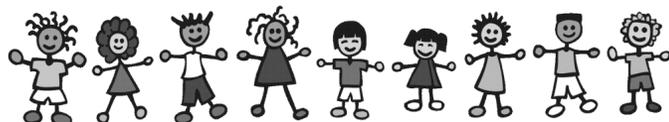
### Burrito Casserole

- 8 small whole wheat tortillas
- 2 cups fat-free refried beans
- ½ small red onion, diced
- 1½ pounds lean ground beef
- 1½ cups salsa
- 1 minced fresh jalapeno pepper (optional)
- 1½ cups reduced-fat cheddar cheese



1. Heat oven to 350 degrees.
2. Cut 5 of the tortillas into strips, about ½ inches wide, and set aside. Line the bottom of a 9x13-inch casserole dish with the remaining tortillas.
3. Spread an even layer of refried beans over the tortillas.
4. Spray a large skillet with cooking spray and place over medium heat. Add the onion and beef and sauté for about 5 minutes, breaking up the meat with a spoon. Drain and rinse any excess fat. Stir in the salsa.
5. Spread meat mixture over the refried beans and sprinkle with jalapeno pepper.
6. Top with tortilla strips and cheese.
7. Bake about 10 minutes or until cheese has melted.
8. Serve with sour cream, chopped tomatoes, and chopped avocado.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 360 calories, 13 grams of fat, 30 grams of protein, 35 grams of carbohydrates and 1000 milligrams of sodium.



### Tips for Raising Healthy Eaters

Kids get curious when they see you eating fruits and vegetables. Before you know it, they'll want to taste what you are having.

### Black Bean and Corn Soup

- 1 can (15-16 ounces) black beans, rinsed and drained or use low sodium
- 1 can (15.25 ounces) corn, rinsed and drained or use low sodium
- 1 can (14.5 ounces) tomatoes with green chilies
- 3 cans (5 ounces each) chicken breast, chopped
- 1 can (14.5 ounces) chicken broth, low sodium preferred
- 2 teaspoons chili powder
- 2 teaspoons cumin

1. Place all ingredients in a large pot or kettle.
2. Stir together and cook over medium heat until heated through.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 140 calories, 2 grams of fat, 15 grams of protein, 19 grams of carbohydrates and 640 milligrams of sodium.

### Breastfeeding:



#### Why breastfeed?

*“It was best for me and my baby. The bonding is amazing, and it’s free!”*

*~ Megan, WIC Breastfeeding Mom from Minot Air Force Base*

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

### Apple Salad

- 1 tablespoon orange juice
- 2 tablespoons light mayonnaise-type salad dressing or mayonnaise
- 2 cups diced apple
- 1 cup diced celery
- ½ cup raisins
- ½ cup nuts, any type

1. In a medium bowl, mix orange juice with salad dressing or mayonnaise.
2. Toss the rest of the ingredients with the dressing mixture.

Recipe Source: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

**Nutrition Note:** : This recipe makes 8 servings. Each serving has 110 calories, 6 grams of fat, 2 grams of protein, 15 grams of carbohydrates and 45 milligrams of sodium.

## Sensational Six-Layer Dinner

2-3 medium sliced potatoes  
2 cups sliced carrots  
¼ teaspoon black pepper  
½ cup sliced onion  
1 pound cooked lean ground beef  
1½ cups green beans (canned or fresh) or 1 can (15.25 ounces) corn, drained, low sodium preferred  
1 can (10.75 ounces) tomato soup, low sodium preferred

1. Heat oven to 350 degrees.
2. Lightly oil or spray baking dish with cooking spray.
3. Layer ingredients in the order listed. Cover.
4. Bake for 45 minutes or until tender and thoroughly heated.
5. Uncover and bake 15 more minutes.

Recipe Adapted from: One Dish Meals, A Family Living Program, University of Wisconsin Cooperative Extension Service

**Nutrition Note:** : This recipe makes 6 servings. Each serving has 230 calories, 6 grams of fat, 25 grams of protein, 17 grams of carbohydrates and 580 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

Create a movement sequence with your child—hop, twist, reach—and then do it together. Say the words as you do the motions.

Source: Head Start Body Start

## Creamy Baked Chicken

8 chicken breast halves (24 ounces total)  
8 slices Swiss cheese  
1 can (10.5 ounces) fat-free cream of chicken soup  
¾ cup apple juice  
1 cup herb-seasoned stuffing mix, crushed  
¼ cup butter or margarine, melted

1. Heat oven to 350 degrees.
2. Coat a 9 x 13 inch pan with cooking spray.
3. Place chicken in the pan. Top with cheese slices.
4. In a small bowl, combine soup and apple juice; spoon evenly over chicken.
5. In another small bowl, combine stuffing and butter. Sprinkle over chicken.
6. Bake for 45-55 minutes or until the chicken reaches an internal temperature of 165 degrees (using a food thermometer).

**Nutrition Note:** This recipe makes 8 servings. Each serving has 320 calories, 15 grams of fat, 34 grams of protein, 11 grams of carbohydrates and 630 milligrams of sodium.

## GROWING HAPPY FAMILIES



**They learn from watching you. Eat fruits and veggies and your kids will too.**

Why does it matter what I do? You teach them lessons they'll use for life. It's normal for 2 to 5-year-olds to be "picky" eaters. Help them increase the types (fresh, frozen, and canned) of fruits and vegetables they like by setting a good example.