

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2015

## Garlic Smashed Potatoes Easy Oven Fries Potato Soup Loaded Baked Potatoes Super Scalloped Potatoes

### Garlic Smashed Potatoes

6 large red potatoes, washed and quartered (Do not peel.)  
2 cloves garlic, peeled  
3 tablespoons butter or margarine, softened  
½ cup fat free skim, 1%, or fat free evaporated milk  
1 teaspoon salt  
¼ teaspoon black pepper



1. Place potatoes and garlic cloves in a large saucepan and fill with water until they are covered.
2. Boil until potatoes are tender, about 15-20 minutes. Drain.
3. Put potatoes and garlic back into the saucepan and place on the stove on low heat. Add butter, milk, salt, and pepper.
4. Mash potatoes with a fork or potato masher. Do not use an electric mixer.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 240 calories, 4.5 grams of fat, 6 grams of protein, 45 grams of carbohydrate and 380 milligrams of sodium.

### Tips for Healthy Snacking

**Have Fun:** Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas. Make fruit kebabs or show your child how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using different types of fruit.

### Easy Oven Fries

3 medium white potatoes (Do not peel.)  
2 teaspoons olive oil  
1 teaspoon or less seasoned salt



1. Preheat oven to 450 degrees.
2. Wash potatoes, cut into wedges, and place in a bowl. Cover potatoes with cold water for ½ hour and pat dry.
3. Place potatoes, oil, and seasoned salt in another bowl or sealable plastic bag and shake to coat.
4. Bake for 25 minutes (turn if necessary).

**Nutrition Note:** This recipe makes 6 servings. Each serving has 90 calories, 1.5 grams of fat, 2 grams of protein, 17 grams of carbohydrate and 270 milligrams of sodium.

### Breastfeeding:

#### Why breastfeed?



““I breastfeed because I want to give my baby a good head start.” ~ Lacey, WIC Breastfeeding Mom from Bismarck

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

### Potato Soup

5 cups water  
4 chicken bouillon cubes (low-sodium preferred)  
1 can (12 ounces) fat free evaporated milk  
6 potatoes, cubed  
1 carrot, sliced  
1 stalk celery, sliced  
2 onions, chopped  
Optional spices: black pepper and ¼ teaspoon cloves  
Optional toppings: Chives and 1 cup reduced-fat cheese, any flavor



1. In a large soup kettle or stockpot, place the 5 cups of water and bring to a boil. Then add the bouillon cubes and stir until dissolved.
2. Add the evaporated milk, potatoes, carrots, celery, onions, and optional spices. Cover and cook for an hour or until the vegetables are tender.
3. Top with optional toppings if desired.

**Nutrition Note:** This recipe makes 6 servings. Each serving (without optional spices and toppings) has 230 calories, 0.5 gram of fat, 9 grams of protein, 49 grams of carbohydrates and 450 milligrams of sodium.

## Loaded Baked Potatoes

4 large potatoes, washed  
4 cups fresh vegetable pieces (broccoli florets, sliced carrots, red pepper squares, sliced zucchini, peas)

### White Sauce

1½ tablespoons butter or margarine  
1½ tablespoons flour  
1 can (12 ounces) fat free evaporated milk  
1 teaspoon salt

2 teaspoons dried basil leaves  
¼ teaspoon red pepper flakes  
Black pepper to taste

1. Prick each potato several times with a fork, and place on a microwave-safe plate. Microwave on high power 14-16 minutes until tender.
2. In a saucepan, make the white sauce by melting the butter, then adding the flour, and cooking over low heat, stirring for 1 minute. Whisk in the milk and salt. Bring to a boil, lower heat, and cook for five minutes, stirring occasionally until thickened.
3. While the white sauce is cooking, in a separate saucepan (2-quart), bring 1 cup water to a boil. Add vegetables, cover, and cook over medium-high heat about 5 minutes, just until crisp-tender; drain thoroughly.
4. Add white sauce, basil, and pepper flakes to vegetables in saucepan. Heat to simmering, stirring. Season with black pepper.
5. Split baked potatoes and top with vegetable sauce mixture.

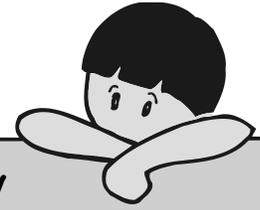
Optional: Chunks of cooked chicken, turkey, or ham can be added to the vegetables and sauce.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 370 calories, 3.5 grams of fat, 13 grams of protein, 74 grams of carbohydrates and 570 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

Family Relaxation Activity: Turn the lights off and lay down on the floor. Squeeze then relax your muscles. Breathe.

Source: Head Start Body Start

## Super Scalloped Potatoes

1 tablespoon butter or margarine  
¼ cup chopped onion  
2 tablespoons chopped green pepper  
2 tablespoons mayonnaise or salad dressing  
2 teaspoons flour  
¼ teaspoon salt  
⅛ teaspoon black pepper  
½ cup fat free skim, 1%, or fat free evaporated milk  
2 cups sliced cooked potatoes



1. Preheat oven to 350 degrees.
2. Melt butter/margarine in a frying pan. Sauté onion and green pepper until tender. Remove pan from heat and add remaining ingredients except potatoes.
3. Place potatoes in a 1-quart baking dish. Pour onion mixture over potatoes.
4. Bake for 20-30 minutes.

Variations: **Crunchy Creamy Potatoes:** Mix 1 tablespoon melted butter/margarine with ¼ cup crushed WIC flake cereal. Sprinkle mixture over scalloped potatoes before baking. **Au Gratin Potatoes:** Add ¼ cup reduced fat shredded cheese before baking.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 130 calories, 4.5 grams of fat, 3 grams of protein, 21 grams of carbohydrates and 250 milligrams of sodium.

## GROWING HAPPY FAMILIES



### How can I use potatoes?

Potatoes are a nutritious vegetable high in vitamins, minerals, and fiber. They are easy to prepare and are great for any meal. Store potatoes at room temperature and not in the refrigerator.