Pick-WIC Paper

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Parmesan-Crusted Chicken in Cream Sauce

5-Minute Citrus Chicken Salad

Peachy Strawberry Smoothie

Chewy Rainforest Bars

Parmesan-Crusted Chicken in Cream Sauce (Try this quick and healthy main dish recipe.)

2 cups quick-cooking rice, uncooked
1 can (14 ounces) fat-free reduced-sodium chicken broth, divided
6 saltine crackers, finely crushed
2 tablespoons grated Parmesan cheese
4 small boneless skinless chicken breast halves (1 pound)
2 teaspoons vegetable oil
⅓ cup flavored light cream cheese spread
¾ pound (1 bunch) asparagus spears, trimmed and steamed

1. Cook rice as directed on package, using 1¼ cups of the broth and ½ cup water.
2. Meanwhile, mix cracker crumbs and Parmesan cheese on a plate. Rinse chicken with cold water; shake off excess water. Dip chicken in cracker mixture, turning to coat.
3. Heat oil in a large nonstick skillet on medium heat. Add chicken; cook 5-6 minutes on each side or until chicken is golden brown and cooked through. Place chicken on serving plate. Set aside; keep warm.
4. Add remaining ½ cup broth and cream cheese spread to same skillet. Cook on medium heat until mixture just comes to boil, stirring constantly. Simmer 3 minutes or until sauce thickens. Spoon sauce over chicken. Serve rice and asparagus with chicken.

Nutrition Note: This recipe makes 4 servings. Each serving has 420 calories, with 12 grams of fat (2 grams saturated fat), 25% of calories from fat, and 41 grams of carbohydrates.

Eating Together

While at the dinner table, ask each child what makes him or her feel happy and special. Then have each family member share.

5-Minute Citrus Chicken Salad (Spinach is not only low in calories, it is an excellent source of vitamin A.)

8 cups baby spinach leaves
3 cups chopped cooked chicken breast (about ¾ pound)
1 can (11 ounces) mandarin orange segments, drained
1 cup sliced mushrooms
¼ cup bacon bits
¼ cup vinaigrette dressing
¼ cup pecan, almond, cashew or walnut pieces

1. Toss spinach, chicken, oranges, mushrooms and bacon bits in a large bowl.
2. Drizzle with dressing just before serving; toss lightly.
3. Sprinkle with nuts.

Nutrition Note: This recipe makes four 2½-cup servings. Each serving has 300 calories, with 12 grams of fat, 36% of calories from fat, and 13 grams of carbohydrates.

Breastfeeding:

According to health care cost studies, breastfeeding mothers spend less time and money on doctor visits.

Peachy Strawberry Smoothie (This low-fat beverage is a good source of vitamin C!)

1½ cups fat-free milk
1 container (6 ounces) non-fat yogurt
1½ teaspoons low-calorie soft drink or lemonade mix
1 cup frozen sliced peaches
1 cup frozen strawberries
½ cup oat cereal

1. Place all ingredients in blender; cover.
2. Blend on high speed 15 seconds or until smooth.
3. Serve immediately.

Nutrition Note: This recipe makes three 1-cup servings. Each serving has 190 calories, no fat and 38 grams of carbohydrates.

Chewy Rainforest Bars

¼ cup honey
2 tablespoons butter or margarine
1 package (10 ounces) marshmallows (about 36 marshmallows)
6 cups oat cereal
1 cup dried cranberries
1 cup almonds, chopped
½ cup sunflower kernels

1. Microwave honey and butter in a large microwaveable bowl on high for 1 minute; stir until well blended. Add marshmallows; toss to coat. Microwave 1½ minutes or until marshmallows are puffed; stir until well blended.
2. Add remaining ingredients; mix well.
3. Press cereal mixture firmly into a greased 9x13-inch pan. Cool. Cut into 24 bars.

Nutrition Note: This recipe makes 24 bars, each with 150 calories, 5 grams of fat, 30% of calories from fat, and 26 grams of carbohydrates.

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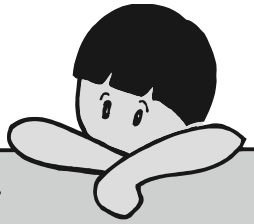
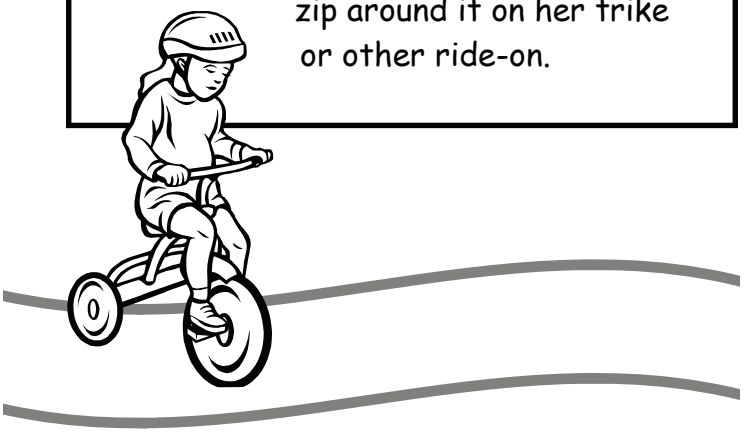


Turn Off the TV

Draw a chalk racetrack on the sidewalk or driveway so your speed racer can zip around it on her trike or other ride-on.



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