Valentine Quesadilla

1. Cut a large heart out of 2 tortilla shells.
2. Build a quesadilla in the skillet—sprinkle with shredded cheese, cooked, chopped chicken and veggies of your choice (finely, chopped tomatoes, onions, pepper, avocado).
3. Warm quesadilla on both sides until lightly brown and cheese melts.

Recipe Source: Nutrition Matters, Inc., www.numatters.com

Puff Pancakes

2 tablespoons butter or margarine, melted
4 eggs
½ teaspoon salt
1½ cups flour
1½ cups fat-free skim or 1% milk
¾ cup fresh or frozen blueberries, raspberries or thinly sliced apples
3-4 teaspoons brown sugar

1. Heat oven to 400 degrees.
2. Place melted butter into a 9x13-inch pan. Rotate the pan to coat the bottom with butter.
3. In a medium size bowl, combine eggs, salt, flour and milk to make a batter. (The batter may be slightly lumpy.)
4. Spread the fruit on the bottom of the pan. (The fruit will not cover the pan completely.) Sprinkle with brown sugar.
5. Pour batter over fruit.

Cereal Nuggets

6 cups “o” type cereal
1 cup unsalted, chopped peanuts
1 cup miniature semi-sweet chocolate chips
1 cup raisins
1 cup brown sugar
½ cup butter or margarine
¼ cup light corn syrup
½ teaspoon baking soda

1. Heat oven to 250 degrees. Coat a large cookie sheet with nonstick cooking spray.
2. Combine cereal, peanuts, chocolate chips and raisins in a large bowl. Set aside.
3. Combine brown sugar, butter and corn syrup in a saucepan over medium heat. Cook until mixture bubbles around the edges of the pan. Cook uncovered for 2 additional minutes stirring often.
4. Remove from heat and stir in baking soda until foamy and light-colored. Pour over cereal mixture. Mix until well coated.
5. Spread cereal mixture on cooking sheet. Bake for 15 minutes.
6. Place cereal mixture onto waxed paper to cool. Let stand 30 minutes; break up and store in covered container.

Note: Avoid serving to young toddlers as peanuts can be a choking hazard.

Why breastfeed?

“For the longest time, I was told that I couldn’t have kids because of a medical condition. When the baby came along, I wanted the whole experience, and as natural as possible, the connection and the bond. The bond is everything I was hoping for and wanted.”

~ WIC Breastfeeding Mom from Bismarck

Slow Cooker Meat Over Noodles

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Nutrition Note: This recipe makes 4 servings. Each serving has 360 calories, 11 grams of fat, 14 grams of protein, 49 grams of carbohydrates and 450 milligrams of sodium.

Source: Mealtime Blessings, Chickasaw Nation WIC
**Strawberry Swirl**

1 cup fresh or frozen (thawed) strawberries
1 cup apple juice

1. Combine ingredients in blender and process until smooth.
2. Serve or freeze for 1-2 hours to make a slushy.

Note: Instead of using a blender, mash strawberries with a fork. Add juice and beat with an egg beater until fairly smooth.

Recipe Source: foodhero.org

**Nutrition Note:** This recipe makes 2 servings. Each serving has 80 calories, 0 grams of fat, 0 grams of protein, 21 grams of carbohydrates and 10 milligrams of sodium.

**Crock-Pot™ Corner**

**Slow Cooker Meat Over Noodles**

1 cup sliced carrots
½ cup diced onions
½ cup diced celery
1 pound boneless, skinless chicken breasts or 1 pound beef stew meat
1 can (10.5 ounces) cream of chicken or mushroom soup, reduced fat, low sodium preferred
¼ cup water
½ teaspoon thyme
¼ teaspoon black pepper
1 cup frozen peas
3 cups cooked egg noodles

1. Place vegetables in slow cooker. Place chicken or beef on top of vegetables.
2. In a mixing bowl, stir together cream soup, water and spices. Pour over vegetables and meat.
3. Cover and cook on low for 8-9 hours or on high for 4-4½ hours.
4. Stir in frozen peas and continue cooking until peas are soft.
5. Serve over cooked egg noodles.

**Nutrition Note:** This recipe makes 6 servings. Each serving (using reduced-fat, low-sodium cream soup) has 300 calories, 5 grams of fat, 30 grams of protein, 31 grams of carbohydrates and 460 milligrams sodium.

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**Looking for recipes online?** Check out USDA’s Mixing Bowl What’s Cooking? website at https://whatscooking.fns.usda.gov to find quick, tasty, healthy recipes and helpful tips.

**Serve LOVE daily with your family meals.**

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. 800.472.2286 www.ndhealth.gov/wic