**Tuna Melt**

2 cans (5 ounces) chunk light tuna in water, drained
1 medium red onion, chopped
2 tablespoons mayonnaise
1 tablespoon lemon juice
Salsa, to taste
¼ teaspoon ground pepper
4 slices whole wheat bread, toasted
¼ cup shredded, reduced fat cheddar cheese

1. Preheat oven to 350 degrees.
2. Combine tuna, onion, mayonnaise, lemon juice, salsa and pepper in a medium bowl. Spread ¼ of the tuna mixture on each slice of toast; top with cheese.
3. Place on a baking sheet and broil until cheese is bubbling and golden brown, about 3-5 minutes.

**Baked Brown Rice**

2 to 2½ cups liquid (water or broth)
1 cup uncooked brown rice
1 tablespoon butter or margarine (optional)

1. Heat oven to 350 degrees.
2. Bring water or broth just to a boil in a covered saucepan.
3. Cover and bake until liquid is absorbed, about 30-40 minutes.
4. Remove from oven carefully. Fluff with a fork before serving.

**Fruity French Toast Casserole**

8 cups whole-grain bread cubes
4 eggs, slightly beaten
1 cup milk
2 teaspoons vanilla
¼ cup white sugar
2 cups diced fresh, frozen or canned fruit
¼ cup margarine or butter, softened
¼ cup flour

1. Preheat oven to 350 degrees.
2. Combine egg, milk, vanilla, and ½ cup sugar in a medium bowl. Pour over bread cubes. Stir gently to coat all cubes with egg mixture. Top with fruit.
3. Cover with plastic wrap and refrigerate for 30 minutes or as long as overnight.

**Hummus**

Crock-Pot™ Creamy Chicken

**Why breastfeed?**

“I have heard breastfeeding provides wonderful benefits to both mom and baby, and I would love to provide those benefits to my baby!”

~Brianna, WIC Breastfeeding Mom from Fargo

**Nutrition Note:** This recipe makes 8 servings. Each serving has 300 calories, 9 grams of fat, 9 grams of protein, 45 grams of carbohydrates and 250 milligrams of sodium.

**Great Mealtime Conversations Start Here**

Reconnect with those you love at mealtime. Ask your children questions like “What’s more fun...doing a puzzle or drawing a picture? Why?” or “What is your favorite book?”.
Crock-Pot™ Creamy Chicken

4 boneless, skinless chicken breasts
½ cup water
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon dried basil
¼ teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon black pepper
1 can (10.5 ounces) cream of chicken soup (reduced fat, low sodium preferred)
⅛ cup cream cheese
2 cups fresh or frozen vegetable mix, any variety

1. Place chicken breasts into the crockpot.
2. In a mixing bowl, combine water and seasonings. Pour over chicken.
3. Layer chicken soup on top of chicken. Cover and cook on low for 3 hours. (Chicken is cooked when a food thermometer inserted into the center of the chicken reaches 165 degrees).
4. Remove chicken and shred. Add shredded chicken, cream cheese and vegetables. Cook for another 30 minutes until cream cheese is melted and vegetables are soft and heated through.
5. Turn off heat and let stand for a few minutes to allow sauce to thicken.
6. Serve over your favorite whole grain (pasta, rice, etc.) with a salad and fruit on the side.

Nutrition Note: This recipe makes 6 servings. Each serving (using reduced-fat, low-sodium cream soup) has 320 calories, 12 grams of fat, 39 grams of protein, 13 grams of carbohydrates and 330 milligrams of sodium.

Recipe Source: www.wichealth.org

Looking for recipes online? Check out the NDSU Extension Service Food and Nutrition website at www.ag.ndsu.edu/food/recipes to find quick, tasty, healthy recipes and helpful tips.

Nutrition Note: This recipe makes 16 servings. Each serving (2 tablespoons hummus with 1/2 cup vegetables) has 50 calories, 1 gram of fat, 2 grams of protein, 9 grams of carbohydrates and 105 milligrams of sodium.

Recipe Source: foodhero.org

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

Hummus

1 can (15 ounces) garbanzo beans, drained and rinsed
2 tablespoons lemon juice (fresh or bottled)
2 teaspoons vegetable oil
⅛ cup nonfat plain yogurt
1 clove garlic or ¼ teaspoon garlic powder
¼ teaspoon black pepper
¼ teaspoon ground cumin

1. Place all ingredients in a blender or spread beans on a large plate.
2. Blend to desired consistency or mash well with a fork until smooth. If hummus seems too thick, add 2 teaspoons water.
3. Serve with fresh vegetables.

Recipe Source: foodhero.org

Nutrition Note: This recipe makes 6 servings. Each serving (using reduced-fat, low-sodium cream soup) has 320 calories, 12 grams of fat, 39 grams of protein, 13 grams of carbohydrates and 330 milligrams of sodium.

Recipe Source: www.wichealth.org