Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM April 2016

Mini Pizzas
Wrap and Roll Lunches
Crunchy Chicken Nuggets
Animals in the Swamp
Hot Beef Dip

Mini Pizzas

English muffins
Pizza sauce
Shredded reduced fat mozzarella cheese
Variety of pizza toppings

1. Heat oven to 375 degrees.
2. Toast English muffins in a toaster.
3. Top with pizza sauce, sprinkle with cheese and add your favorite toppings.
4. Place on a baking sheet in the oven and bake for 5-10 minutes.

Note: Refrigerator biscuit dough can also be used for mini pizzas. Roll or press out a biscuit for each pizza, layer on the toppings and bake following the recipe directions above.

Make a Happy Face Pizza

1. Ham or turkey strips – eyes, nose or mouth
2. Green or black olive slices – eyes
3. Tomato, green or red pepper slices – smiles
4. Shredded carrots, shredded cheddar cheese or chopped spinach – hair
5. Mushrooms – eyes, nose or mouth

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

Tips for Raising Healthy Eaters

Allow your kids to decide how much food to eat so they begin to learn the right portion size for their bodies. Kids will learn to try new foods on their own when they aren't forced to eat them.

Wrap and Roll Lunches

1. Veggie Wrap – Sprinkle shredded cheddar cheese on a whole-wheat tortilla. Heat in the microwave until cheese melts. Top with finely chopped broccoli and tomatoes. Roll and eat.
2. Tuna Wrap – Drain water off canned tuna. Mix tuna with a little light mayonnaise. Spread on a whole-wheat tortilla. Sprinkle with finely chopped dark green lettuce. Roll and eat.
3. Peanut Butter Wrap – Spread peanut butter on a whole-wheat tortilla. Add chopped banana or strawberries. Roll and eat.
4. Ham or Turkey Wrap – Spread a whole-wheat tortilla with a little light mayonnaise. Add a slice of ham or turkey and a little shredded cheese. Roll up and heat in the microwave.

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

Breastfeeding:

Why breastfeed?

"I chose to breastfeed because it's a great way to bond with my baby." ~ Michelle, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding

Crunchy Chicken Nuggets

3 cups Multi-Grain Cheerios cereal, crushed
½ cup grated parmesan cheese
½ teaspoon salt
½ teaspoon seasoned salt
¼ teaspoon paprika
⅛ teaspoon garlic powder
3 tablespoons butter or margarine, melted
1 tablespoon fat-free skim or 1% milk
1 pound boneless, skinless chicken breasts, cut into 1 by 1 inch pieces

1. Heat oven to 400 degrees. Line a cookie sheet with foil.
2. In a medium bowl, stir together crushed cereal, cheese, salt, seasoned salt, paprika and garlic powder.
3. In a small bowl, stir together melted butter and milk. Dip chicken into butter mixture, then roll in cereal mixture to coat evenly. Place on cookie sheet.
4. Bake 9 minutes; turn nuggets over. Bake about 8 minutes longer or until coating is light golden brown and chicken has reached 165 degrees using a food thermometer.

Recipe Source: 4 Everyday Uses for the Extra Cereal in Your Cupboard, NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 5 servings. Each serving has 250 calories, 12.5 grams of fat, 25 grams of protein, 15 grams of carbohydrates and 750 milligrams of sodium.

Animals in the Swamp

8 ounces fat-free or low-fat vanilla yogurt
1 tablespoon chocolate instant pudding mix
Animal crackers

1. In a small bowl, combine yogurt and pudding mix to make the "swamp".
2. Serve ¼ cup of "swamp" with animal crackers.
3. Dip crackers into the "swamp".

Note: Try different flavors of yogurt or pudding mix like strawberry yogurt with vanilla pudding or vanilla yogurt with butterscotch or lemon pudding. Graham crackers, vanilla wafers or your child's favorite fruit like strawberries, bananas or apples can be used instead of animal crackers.

Recipe Source: http://food.unl.edu/web/fnh/food-fun-for-young-children

Turn Off the TV

Have your child pretend there are puddles in your house – leap over them, run around them and jump into them..

Source: Head Start Body Start

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

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Bismarck, N.D. 58505-0200
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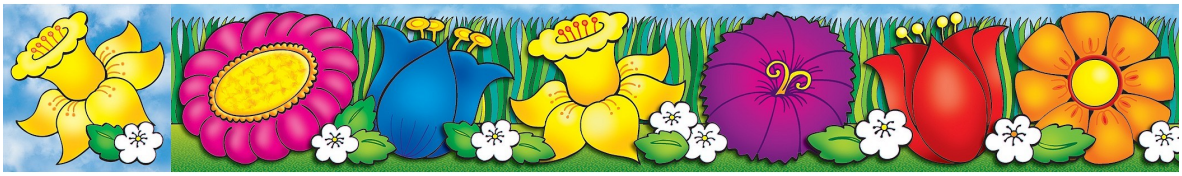
Hot Beef Dip

1 pound lean ground beef
1 can (16 ounces) fat-free refried beans
1-1½ cups salsa
16 ounces low-fat cream cheese, sliced
1 cup shredded reduced-fat cheddar cheese

1. Heat oven to 350 degrees.
2. Brown ground beef in a skillet. Drain and rinse excess fat.
3. Add beans and salsa to the ground beef. Mix well and place into a 10-inch baking dish.
4. Layer slices of cream cheese over the top of the beef mixture. Sprinkle with cheddar cheese.
5. Bake for 15-20 minutes or until cheese is melted. Serve with tortilla chips.

Nutrition Note: This recipe makes 20 servings. Each serving has 120 calories, 6 grams of fat, 10 grams of protein, 8 grams of carbohydrates and 370 milligrams of sodium.



GROWING HAPPY FAMILIES

Think beyond a single meal.
Keep in mind what your child eats over time.

Meals and healthy snacks give children several chances every day to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. He'll make up for it with other meals and snacks to get what he needs for good health over time.