

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MAY 2016

## Orange Chicken Foil Packet Potatoes Oven Roasted Cauliflower Juicy Fruit Salad Total Cookies

### Orange Chicken

1 can (12 ounces) frozen orange juice, thawed  
2 tablespoons brown sugar  
2 tablespoons soy sauce (low sodium preferred)  
1 teaspoon garlic powder  
2 pounds boneless, skinless chicken breasts

1. In a large resealable bag, combine the first four ingredients. Remove half of the marinade to a small bowl; cover and refrigerate for basting.
2. Add chicken to the bag; seal and turn to coat. Refrigerate overnight, turning occasionally.
3. Before grilling, drain and discard marinade from chicken. Grill, covered, over medium heat for 20 minutes, turning occasionally. Baste with reserved marinade.
4. Grill 5 to 10 minutes longer or until the chicken reaches an internal temperature of 165 degrees using a food thermometer, basting and turning several times.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 200 calories, 2.5 grams of fat, 24 grams of protein, 19 grams of carbohydrates and 200 milligrams of sodium (using low-sodium soy sauce).



### Tips for Raising Healthy Eaters

Many young children need to be offered a new food several times before they will try it and learn to like it. So, offer a small amount. If you keep offering a new food, eventually your kids will give it a try.

### Foil Packet Potatoes

Diced potatoes – regular or sweet  
Sliced onions  
Shredded, reduced fat cheddar cheese  
Bacon pieces  
Butter or oil such as olive, canola, etc.  
Herbs (basil, chives, etc.)  
Salt and pepper to taste

1. Place the potatoes on pieces of heavy-duty foil. Sprinkle desired toppings over potatoes; dot with butter or lightly drizzle with oil.
2. Fold foil up around potatoes. Seal the edges of foil well. Grill, covered, over medium heat for 30-40 minutes or until potatoes are tender.

Recipe Source: University of Nebraska Lincoln Extension  
<http://lancaster.unl.edu/food>

### Breastfeeding:

#### Why breastfeed?



*“I know this is the best beginning for my baby and one of the best things I can do for my baby.”*

~ Deontee, WIC Breastfeeding Mom from Fargo

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

### Oven Roasted Cauliflower

1 medium head of cauliflower, trimmed and cut into florets  
3 cloves garlic, thinly sliced  
¼ cup olive oil  
2 tablespoons lemon juice  
¼ teaspoon salt  
¼ teaspoon black pepper  
2 tablespoons grated parmesan cheese

1. Heat oven to 450 degrees.
2. Combine cauliflower and garlic in a large bowl. Spread out on a large baking sheet. Drizzle with olive oil, lemon juice, salt and pepper.
3. Roast for about 25 minutes, stirring once.
4. Sprinkle with cheese.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 110 calories, 10 grams of fat, 2 grams of protein, 6 grams of carbohydrates and 160 milligrams of sodium.

## Juicy Fruit Salad

1 can (20 ounces) pineapple chunks, canned in juice  
1 medium apple, peeled and diced  
1 medium orange, peeled and diced  
1 cup grapes, halved

1. Drain and reserve the juice from the pineapple.
2. In a large bowl, toss all of the fruit together including the juice from the pineapple.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 100 calories, 0 grams of fat, 1 gram of protein, 26 grams of carbohydrates and 0 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

Play a game of opposites. If you move slow, then your child should move fast. If you move high, then your child should move low.

Source: Head Start Body Start

## Total Cookies

½ cup white sugar  
1 cup butter or margarine  
1½ cups flour  
½ teaspoon baking soda  
1 teaspoon baking powder  
2 cups Total cereal, uncrushed

1. Heat oven to 350 degrees.
2. In a large bowl, mix sugar and butter. Add flour, baking soda and baking powder; mix in cereal.
3. Roll batter by teaspoon into small balls and place on an ungreased cookie sheet.
4. Bake for 10-15 minutes.

**Nutrition Note:** This recipe makes 48 cookies. Each cookie has 60 calories, 4 grams of fat, 1 gram of protein, 6 grams of carbohydrates and 60 milligrams of sodium.

# GROWING HAPPY FAMILIES

## Sometimes new foods take time.

Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

Kids learn to like new foods by:

- Having them offered over and over
- Having them served with familiar foods
- Seeing friends, older kids and grown-ups eating these foods
- Tasting them prepared in different ways
- Choosing foods to try themselves
- Starting with small amounts

