All-at-Once Spaghetti

Tossed Salad Creations

Garden Patch Bean & Pasta Salad

Pick-a-Berry Cobbler

All-at-Once Spaghetti

1 pound lean ground beef
¼ cup chopped onion
2 cans (15 ounces each) tomato sauce, low sodium preferred
1½ cups water
1 can (8 ounces) mushrooms, optional
¼ teaspoon oregano
Salt and pepper to taste
5 ounces (or about 1/3 of 16-ounce package) uncooked whole-wheat/whole-grain spaghetti
Parmesan cheese, optional

1. In a skillet, brown ground beef and onion. Drain and rinse any excess fat.
2. Add tomato sauce, water, mushrooms (if using), oregano, salt and pepper. Bring to a boil.
3. Break spaghetti into smaller pieces. Add a little at a time, stirring into sauce to keep separated.
5. Top with parmesan cheese if desired.

Nutrition Note: This recipe makes 5 servings. Each serving (without mushrooms and using low-sodium tomato sauce) has 320 calories, 10 grams of fat, 25 grams of protein, 36 grams of carbohydrates and 120 milligrams of sodium.

Tossed Salad Creations

Salad Greens: spinach, spring mix, leaf lettuce, romaine, Bibb vegetables and fruits: tomatoes, broccoli, carrots, celery, zucchini, cucumbers, avocado, grapes, pineapple, melon, dried cranberries, berries
Dressing: purchased salad dressing (reduced-fat preferred), vinegar and oil, yogurt
Toppings: garbanzo or other beans (rinsed), shredded cheese, hard cooked egg slices, toasted nuts

1. Select salad greens. Wash, dry and tear into bite-size pieces.
2. Choose a colorful combination from the vegetables and fruits listed or use your own ideas. Wash and cut into bite-size pieces. (Grapes and nuts should be chopped for young children as they are a choking hazard)
3. Add vegetables and fruits to the greens.
4. Decide on a dressing and drizzle over salad.

Recipe Source: Minnesota WIC Program

Why breastfeed?

“It is best for the baby. It helps mom and baby in many ways.”

~ WIC Breastfeeding Mom from Lake Region WIC

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

Beat the Heat

The hot days of summer are coming. Beat the heat with healthy drinks like water and limit soda and other sugary drinks.

Enjoy water by:

- Drinking cold water with ice.
- Keeping a pitcher of water in your refrigerator.
- Trying a squeeze of lemon or lime in your water.
- Trying sugar-free drink mixes. There are a variety of flavors, such as raspberry, strawberry and peach.
- Making a pitcher of unsweetened ice tea.
- Drinking bottled water if your water is unsafe to drink.
- Buying unsweetened flavored waters.

Source: www.numatters.com

Tips for a Happy & Healthy Family

Be a positive parent. Life can be stressful at times. Create routines and give love and support to your child. He will behave better and be less likely to become upset.

Source: www.numatters.com
Keep in mind, we are talking about the how of eating, not the what. Meals are when you take time to eat and pay attention to your food. Family meals are when everyone sits down together and shares the same food.