

# Pick-WIC Paper

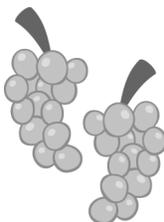
NORTH DAKOTA WIC PROGRAM

July 2015

**Fresh Fruit Shell Salad**  
**Banana Berry Smoothie**  
**Strawberry Spinach Salad**  
**Rhubread**  
**Tortilla Fruit Pizza**

## Fresh Fruit Shell Salad

½ pound shell pasta or other pasta shape  
1 cup plain low-fat or fat-free yogurt  
½ cup frozen orange juice concentrate, thawed  
1 can (20 ounces) pineapple chunks canned in juice, drained  
1 large orange, sectioned  
1 cup red grapes, sliced in half  
1 cup green grapes, sliced in half  
1 apple, chopped  
1 banana, sliced



1. Cook the pasta according to package directions. Drain and set aside to cool.
2. In a small bowl, combine yogurt and orange juice concentrate.
3. Place all of the fruit in a large bowl. Add the yogurt mixture and pasta. Toss together.
4. Cover and chill before serving.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 200 calories, 1 gram of fat, 5 grams of protein, 44 grams of carbohydrates and 20 milligrams of sodium .

## Tips for Healthy Snacking

Fruits are Quick and Easy: Fresh, frozen, dried, or canned fruits can be easy “grab-and-go” options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.

## Banana Berry Smoothie

1 large ripe banana  
1 cup frozen berries  
1 cup fat-free skim or 1% milk



Place banana, berries and milk in a blender. Blend until smooth.

**Nutrition Note:** This recipe makes 3 servings. Each serving has 90 calories, 0 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 35 milligrams of sodium.

## Breastfeeding:

### Why breastfeed?

*“I chose to breastfeed because I watched my sister do it, and I could see the cool bond they had.”*

*~ Jennifer, WIC Breastfeeding Mom from Bismarck, ND*

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



## Strawberry Spinach Salad

1 pound fresh spinach  
2 cups fresh strawberries  
¼ cup sunflower seeds  
½ cup low-fat poppy seed or vinaigrette dressing



1. Wash spinach and place in a large bowl.
2. Wash and cut strawberries into slices.
3. Toss spinach, strawberries and sunflower seeds together.
4. Add dressing and toss before serving.

Note: Serve with leftover cooked chicken to make the salad a meal.

Recipe adapted from [www.numatters.com](http://www.numatters.com)

**Nutrition Note:** This recipe makes 4 servings. Each serving has 120 calories, 6 grams of fat, 5 grams of protein, 17 grams of carbohydrates and 510 milligrams sodium.

## Rhubread

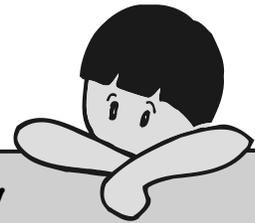
3 cups chopped fresh rhubarb  
2 tablespoons plus 1½ cups white sugar, divided  
1 cup canola oil  
2 eggs  
1 tablespoon vanilla extract  
3 cups flour  
¾ teaspoon salt  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
¼ teaspoon baking powder  
½ cup chopped pecans, optional

1. Preheat oven to 350 degrees. Coat two 8x4-inch loaf pans with nonstick cooking spray.
2. Toss the rhubarb with 2 tablespoons sugar; let stand while preparing the batter.
3. In a large bowl, beat oil, eggs, vanilla and remaining sugar until well blended. In another bowl, mix flour, salt, baking soda, cinnamon and baking powder; gradually beat into oil mixture (batter will be thick). Stir in rhubarb mixture and pecans, if desired.
4. Divide batter evenly between the two loaf pans. Bake 50 to 60 minutes or until a toothpick inserted into the center comes out clean.
5. Cool in pans 10 minutes before removing to a wire rack.

**Nutrition Note:** This recipe makes 24 slices. Each slice has 200 calories, 10 grams of fat, 2 grams of protein, 26 grams of carbohydrates and 135 milligrams of sodium .



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
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800.472.2286, option 1



## Turn Off the TV

Make a paper kite, attach a string, and run around the yard making it fly behind you.

Source: Head Start Body Start

## Tortilla Fruit Pizza

1 (10-inch) whole wheat tortilla  
½ teaspoon soft butter or margarine  
3 teaspoons white sugar, divided  
¼ teaspoon cinnamon  
½ cup whipped cream cheese  
1 fresh peach, sliced  
1 cup grapes, sliced in half  
¼ cup blueberries  
½ cup sliced strawberries  
¼ cup apricot preserves, melted (optional)



1. Preheat the oven to 400 degrees.
2. Place the tortilla on an ungreased baking sheet and spread with butter.
3. Combine 1 teaspoon sugar and the cinnamon in a small bowl and sprinkle over the tortilla. Bake 4 to 5 minutes, until the edges begin to brown. Remove to a cutting board.
4. In a small bowl, combine the other 2 teaspoons sugar with the cream cheese. Spread over the tortilla.
5. Arrange the fruit on top and pour melted preserves over as a glaze. Cut into 4 wedges and serve.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 160 calories, 6 grams of fat, 4 grams of protein, 25 grams of carbohydrate and 190 milligrams of sodium .

## GROWING HAPPY FAMILIES



### How can I use fruit?

Fruits provide nutrients important for health. Set a good example for your children by eating fruit every day with meals and snacks. Buy fresh fruit in season when they may be less expensive and at their peak flavor.