**Bean and Bacon Hotdish**

1/2 pound turkey or regular bacon
1 pound lean ground beef
1/2 small onion, chopped
1 can (15-16 ounces) pinto beans, drained and rinsed
1/2 cup brown sugar
1/2 cup ketchup
1 tablespoon prepared mustard

1. Heat oven to 350 degrees. Coat a casserole or baking dish with nonstick cooking spray.
2. In a skillet, fry bacon. Break apart after cooking and set aside.
3. In the same skillet, brown ground beef. Drain and rinse excess fat. Add chopped onion to ground beef and cook for a few minutes.
4. Combine ground beef with onions along with bacon and the rest of the ingredients in the casserole dish. Bake for 30 minutes until the hotdish reaches an internal temperature of 165 degrees using a food thermometer.

Recipe Source: Anne, WIC Mom from Carrington

**Nutrition Note:** This recipe makes 6 servings. Each serving (using regular bacon) has 390 calories, 14 grams of fat, 25 grams of protein, 41 grams of carbohydrates and 660 milligrams of sodium.

**Roasted Green Beans**

1 pound fresh green beans
1 tablespoon olive or vegetable oil
1/4 teaspoon salt
1/4 teaspoon black pepper

1. Heat oven to 425 degrees.
2. Snap the ends off green beans and rinse in water. Lay on a metal baking sheet.
3. Drizzle oil, salt and pepper over beans. Toss to coat.
4. Roast in oven for 15-18 minutes. Stir beans a couple times while roasting.

Recipe Source: www.FoodHero.org

**Nutrition Note:** This recipe makes 6 servings. Each serving has 45 calories, 2.5 grams of fat, 1 gram of protein, 5 grams of carbohydrates and 100 milligrams of sodium.

**Banana Split Smoothies**

1 cup low-fat or fat-free vanilla yogurt
1/2 to 3/4 cup fat-free skim or 1% milk
1 cup frozen or fresh whole strawberries
1 tablespoon unsweetened cocoa powder
1/2 teaspoon vanilla
1 banana
1/2 cup ice

1. In a blender, combine all ingredients.
2. Cover and blend until smooth.

**Nutrition Note:** This recipe makes 2 servings. Each serving has 220 calories, 2.5 grams of fat, 11 grams of protein, 42 grams of carbohydrates and 125 milligrams of sodium.

**Why breastfeed?**

“I wanted a bond with my baby right from birth. I love the closeness I feel with him.”

~ Hannah, WIC Breastfeeding Mom from Lake Region WIC

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

**Tips for a Happy & Healthy Family**

Be a positive parent. Say “I love you” to your child in the morning and at bedtime.

Source: www.numatters.com
A meal is a meal.

Give yourself full marks for having meals whether it is cooked from scratch, defrosted in the microwave, delivered to your door, ordered at a fast-food restaurant or pulled out of a bag. An essential part of both eating competence and the division of responsibility in feeding is reassuring yourself and your family that you will be fed. After that, let yourself and other family members decide what and how much to eat from what is on the table.