

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2015

Tuna Melt

Quick Tuna Pot Pie

Tuna Shoestring Salad

Mexican Tater Tot Hotdish

Calico Beans

Tuna Melt

2 cans (5 ounces each) chunk light tuna in water, drained
1 tablespoon chopped onion
2 tablespoons light mayonnaise
1 tablespoon lemon juice
1/8 teaspoon black pepper
4 slices whole-wheat bread, toasted
1/4 cup shredded reduced-fat cheddar cheese



1. Preheat oven broiler.
2. Combine tuna, onion, mayonnaise, lemon juice and pepper in a medium bowl.
3. Spread 1/4 of tuna mixture on each slice of toast; top with cheese.
4. Place on a baking sheet and broil until cheese is bubbling and golden brown, about 3-5 minutes.

Adapted from Pinchin' Pennie\$ in the Kitchen, 7 Ways to Use Canned Fish, NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 4 servings. Each serving has 190 calories, 4.5 grams of fat, 22 grams of protein, 14 grams of carbohydrates and 550 milligrams sodium.

Tips for Healthy Snacking

Swap Out the Sugar: Keep healthier foods handy so kids avoid cookies, pastries or candies between meals. Add seltzer water to 1/2 cup of 100% fruit juice instead of offering pop.

Quick Tuna Pot Pie

1 can (5 ounces) chunk light tuna in water, drained
1 can (10.5 ounces) fat-free cream of celery soup
1 can (15 ounces) peas, drained and rinsed or 2 cups frozen peas
1 can (10 biscuits) small refrigerator biscuits

1. Preheat oven to 400 degrees. Coat a 9 x 13 inch pan with nonstick cooking spray.
2. Combine tuna, soup and peas in a medium bowl. Place into the pan.
3. Arrange biscuits on top of the tuna mixture.
4. Bake for 20 minutes or until the biscuits are golden brown.

Nutrition Note: This recipe makes 5 servings. Each serving has 230 calories, 6 grams of fat, 13 grams of protein, 32 grams of carbohydrates and 820 milligrams of sodium.

Breastfeeding:

Why breastfeed?

“Breastfeeding is best for baby. It makes a bond that never breaks.”

~ Shanndalee, Breastfeeding Mom from Spirit Lake WIC

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



Tuna Shoestring Salad

2 cans (5 ounces each) chunk light tuna in water, drained
2 cups shredded carrots
2 cups diced celery
1/2 cup chopped green onion
1 1/2 cups light salad dressing (like Miracle Whip)
2 cups canned shoestring potatoes
Black pepper to taste

Mix all ingredients in a large bowl and serve. If serving at a later time, add the shoestring potatoes right before serving to prevent them from getting soggy.

Nutrition Note: This recipe makes 10 servings. Each serving has 270 calories, 13 grams of fat, 20 grams of protein, 18 grams of carbohydrates and 650 milligrams of sodium.

Mexican Tater Tot Hotdish

- 1 pound lean ground beef
- 1 packet (1-1.5 ounces) taco seasoning, reduced sodium preferred
- ½ cup water
- 2 cups salsa
- 2 cups shredded reduced fat cheddar cheese
- 1 can (15-16 ounces) black beans, drained and rinsed
- 1 bag (16 ounces) frozen corn
- 1 bag (32 ounces) tater tots

1. Preheat oven to 350 degrees. Coat a 9 x 13 inch baking pan with nonstick cooking spray.
2. Brown ground beef; drain and rinse to remove excess fat. Add taco seasoning and water. Bring to a boil.
3. In another bowl, combine salsa, cheese, black beans and corn. Add hamburger and mix.
4. Place mixture into baking pan. Layer tater tots on top.
5. Bake for 1 hour or until tater tots are crisp.

Nutrition Note: This recipe makes 12 servings. Each serving has 330 calories, 13 grams of fat, 18 grams of protein, 36 grams of carbohydrates and 1060 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

Take your child to a park. Play on every piece of equipment.

Source: Head Start Body Start



loving support.

MAKES BREASTFEEDING WORK

Calico Beans

- 1 pound lean ground beef
- ¼ cup chopped onion
- 1 can (15 ounces) pork and beans
- 1 can (15-16 ounces) kidney beans
- 1 can (15-16 ounces) butter beans
- ¼ cup brown sugar
- ⅓ cup ketchup
- 1 tablespoon mustard
- 2 tablespoons vinegar
- ½ teaspoon black pepper

1. Brown the ground beef and chopped onion in a large pan. Drain and rinse the excess fat.
2. Add the other foods and mix.
3. Cook on the stove on low heat or bake in a preheated 350 degree oven for 1 hour.

Nutrition Note: This recipe makes 8 servings. Each serving has 280 calories, 7 grams of fat, 19 grams of protein, 37 grams of carbohydrate and 710 milligrams of sodium .

GROWING HAPPY FAMILIES



How can I use canned fish and beans?

Canned fish such as salmon and tuna and dry/canned beans are excellent sources of protein. Protein is used to build strong bones and muscles and to help your child grow. Experiment with main dishes made with beans or canned fish as they are less expensive than fresh meat.