Zesty Grilled Chops

Tuna Pasta Salad

Trail Mix Bars

Rice, Broccoli n’ Cheese Cups

Rainbow Fruit & Cheese Kabobs

Zesty Grilled Chops

¾ cup soy sauce, low sodium preferred
¾ cup lemon juice
1 tablespoon chili sauce
1 tablespoon brown sugar
1 garlic clove, minced
6 pork chops

1. In a small bowl, combine soy sauce, lemon juice, chili sauce, brown sugar and garlic. Mix together to make the marinade.
2. Place pork chops in a sealable plastic bag and pour marinade over them. Seal bag and shake.
3. Refrigerate 3-6 hours or overnight.
4. Grill or broil until pork chops reach an internal temperature of 145 degrees using a food thermometer.

Nutrition Note: This recipe makes 6 pork chops. Each pork chop (using low-sodium soy sauce) has 240 calories, 7 grams of fat, 40 grams of protein, 3 grams of carbohydrates and 530 milligrams of sodium.

Tuna Pasta Salad

2 cups whole-wheat/whole-grain macaroni, un-cooked
2 cans (5 ounces each) tuna or salmon in water, drained
½ cup chopped zucchini (about ½ small zucchini)
¼ cup sliced carrots (about 1 carrot)
¼ cup diced onion
¼ cup mayonnaise or salad dressing

1. Cook macaroni according to package directions. Drain the cooking liquid and cool.
3. Refrigerate leftovers within 2 hours.

Nutrition Note: This recipe makes 6 servings. Each serving has 240 calories, 8 grams of fat, 14 grams of protein, 28 grams of carbohydrates and 170 milligrams of sodium.

Why breastfeed?

“It doesn’t always work, but when it does, it makes you and baby feel amazing.”
~ Ashley, WIC Breastfeeding Mom from Lake Region WIC

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

Trail Mix Bars

3 cups crispy rice cereal
3 cups toasted oat cereal
1½ cups raisins or dried cranberries
½ cup sunflower seeds
1 cup honey
¼ cup white sugar
1 jar (16 ounces) chunky or smooth peanut butter
1 teaspoon vanilla

1. Combine both cereals, dried fruit and sunflower seeds in a large mixing bowl.
2. On the stovetop, mix honey and sugar in a saucepan; bring to a boil.
3. Add peanut butter and vanilla; stir until peanut butter melts.
4. Pour mixture over cereal and mix well. Press into a 9x13 inch pan and cool.

Nutrition Note: This recipe makes 28 bars. Each bar has 225 calories, 11 grams of fat, 6 grams of protein, 30 grams of carbohydrates and 133 milligrams of sodium.
Rice, Broccoli n’ Cheese Cups

1 cup instant brown rice
1 cup chicken broth, low sodium preferred
1½ cups frozen chopped broccoli, thawed and drained (Fresh cooked broccoli can also be used.)
⅝ cup shredded mozzarella cheese
½ cup light ranch dressing
2 large eggs, beaten

2. Prepare rice according to package directions, substituting chicken broth for the water.
3. Place cooked rice in a mixing bowl; cool slightly. Stir in remaining ingredients and mix well.
4. Spoon mixture evenly filling 8 muffins. Bake 25 minutes or until golden brown.

Nutrition Note: This recipe makes 8 servings. Each serving has 130 calories, 6 grams of fat, 6 grams of protein, 15 grams of carbohydrates and 260 milligrams of sodium.

Turn Off the TV

Find a bike trail. If your child is too young to ride a bike, go for a walk. Bring along a wagon or stroller in case your child gets tired.

Source: www.numatters.com

Rainbow Fruit & Cheese Kabobs

8 wooden skewers
6 ounces cheese, any variety, cut into 18 cubes
½ cup strawberries, halved
½ cup cantaloupe, cut into ¾-inch cubes
½ cup pineapple, cut into ¾-inch cubes
1 kiwi, peeled and cut into 6 pieces
¼ cup blueberries
6 purple grapes

1. To make a rainbow for each kabob, thread onto a wooden skewer a piece of cheese, a strawberry half, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese.
2. Repeat pattern with remaining skewers.

Recipe Source: Midwest Dairy Council (www.midwestdairy.com)

Nutrition Note: This recipe makes 8 kabobs. Each kabob has 138 calories, 8 grams of fat, 8 grams of protein, 10 grams of carbohydrates and 176 milligrams of sodium.

What’s for dinner?

Know in the morning what you will have for dinner. Figure out meals a day or a few days ahead of time. Include all the food groups. Remember, when you introduce new foods, also offer something familiar that everyone likes and can fill up on. Make mealtimes pleasant.