Black Bean Chocolate Cake

Zucchini Mix

Corn and Bean Salsa

Beef and Rice Mexican Skillet

Apples with Cinnamon Yogurt Dip

Black Bean Chocolate Cake

1 can (15-16 ounces) black beans, low-sodium preferred (Do not drain)
½ cup unsweetened applesauce
1 box (15.25 ounces) devil’s food cake mix
½ cups chocolate chips, optional

1. Heat oven to 350 degrees. Coat a 9 x 13 inch cake pan with nonstick cooking spray.
2. In a large bowl, mash black beans and liquid from the can.
3. Add applesauce and cake mix. Using an electric mixer, mix for 3 minutes on medium speed (Batter will be thick).
4. Pour batter into pan. If desired, sprinkle with chocolate chips.
5. Bake for 35-40 minutes until a toothpick inserted into the center of the cake comes out clean.
6. Allow cake to cool completely before cutting.

Recipe Source: NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 12 servings. Each serving (without chocolate chips) has 170 calories, 1.5 grams of fat, 4 grams of protein, 37 grams of carbohydrates and 350 milligrams of sodium.

Why breastfeed?

“Great bonding time! It’s a way to know baby is getting enough nutrients! Cheaper! A way to keep momma healthy as well!”

~ WIC Breastfeeding Mom from Lake Region WIC

Go to www.ndhealth.gov/breastfeeding to learn more about breastfeeding.

Zucchini Mix

3 cups zucchini, cut into 1-inch pieces (about 3 medium zucchinis) or mix-and-match zucchini with yellow summer squash
1 small onion, sliced
1 medium tomato, diced
⅛ cup mushrooms, chopped (optional)
⅛ cup shredded, reduced-fat cheddar cheese
⅛ teaspoon basil, dried

1. Place zucchini, onions, tomatoes and mushrooms in a microwave-safe 2-quart casserole dish.
2. Cover loosely and microwave on high for 7-10 minutes or until vegetables are tender.
3. Sprinkle with cheese and basil.
4. Microwave on high for 30 seconds. Let stand 2-3 minutes before serving.

Nutrition Note: This recipe makes 4 servings. Each serving (without mushrooms) has 50 calories, 1.5 grams of fat, 5 grams of protein, 6 grams of carbohydrates and 135 milligrams of sodium.

Corn and Bean Salsa

3 large tomatoes, diced
1 can (15-16 ounces) black beans, rinsed and drained (low sodium preferred)
1 can (11 ounces) sweet corn, drained (white preferred)
1 medium red onion, diced
3 tablespoons red wine vinegar
2 tablespoons olive oil

1. In a large bowl, mix all ingredients together.
2. Let stand for a few hours or overnight.
3. Serve with tortilla chips.

Nutrition Note: This recipe makes 10 servings. Each serving has 100 calories, 3.5 grams of fat, 4 grams of protein, 15 grams of carbohydrates and 125 milligrams of sodium.

Tips for a Happy & Healthy Family

Hug your child. Smile at your child often during the day. When your child does something good, tell him you are proud of him.

Source: www.numatters.com
Add on, don’t take away.

Once you have the meal habit, you may find yourself getting tired of eating the same food all the time. Tweak your menus to make them more interesting. Make only one or two changes at a time. You may want to include some broccoli and ranch dressing with the pizza or add peaches to the chicken nuggets and French fries. For feeding a family, be considerate of tastes and limitations without catering to their likes and dislikes.