

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2015

Tortilla Chips and Bean Dip Cheesy Pork Chops Ham and Cheese Pie Quick and Easy Cheese Pizza Quick Macaroni and Cheese

Tortilla Chips and Bean Dip

4 corn tortillas
1 can kidney or black beans (15-16 ounces)
½ cup salsa
¼ cup fat free sour cream
½ cup shredded reduced fat cheddar cheese
1 cup shredded lettuce

1. Preheat oven to 400 degrees..
2. Place tortillas in a stack on a cutting board. Cut stack into eight pieces, forming triangles or wedges.
3. Lay tortilla pieces out in a single layer on a baking sheet. Set aside while making dip.
4. Drain and rinse beans. In a small mixing bowl, mash beans with a potato masher. Spread beans over bottom of a baking dish.
5. Spread salsa over beans, then sour cream, then cheese.
6. Place baking sheet with tortillas and baking dish with bean dip into the oven. Bake about 8 minutes or until tortilla pieces are crisp.
7. Sprinkle lettuce on top of dip and serve with tortilla chips

Recipe Source: www.whatscooking.fns.usda.gov/recipes

Nutrition Note: This recipe makes 4 servings. Each serving has 240 calories, 2.5 grams of fat, 14 grams of protein, 41 grams of carbohydrates and 370 milligrams of sodium.

Tips for Healthy Snacking

Consider Convenience: A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for a snack.

Cheesy Pork Chops

4 pork chops, ½ inch thick
1 teaspoon seasoning salt
4 teaspoons light sour cream
1 cup shredded reduced fat sharp cheddar cheese

1. Preheat oven to 350 degrees. Coat a 9 x 13 inch baking pan with nonstick cooking spray.
2. Place pork chops in the pan. Sprinkle each pork chop with ¼ teaspoon seasoned salt and smother with 1 teaspoon light sour cream.
3. Sprinkle ¼ cup cheddar cheese on each pork chop.
4. Bake for 15 to 20 minutes or until pork chop reaches an internal temperature of 145 degrees (using a food thermometer).

Nutrition Note: This recipe makes 4 pork chops. Each pork chop has 280 calories, 9 grams of fat, 46 grams of protein, 1 gram of carbohydrates and 700 milligrams of sodium.

Breastfeeding:



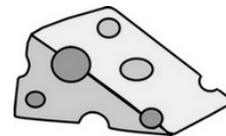
Why breastfeed?

“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.

Ham and Cheese Pie

½ cup shredded Swiss cheese
1 9-inch frozen pie crust, thawed
1 cup cooked ham, cut into squares
1½ cups shredded reduced fat cheddar cheese
2 large eggs, beaten
1 cup evaporated milk



1. Preheat oven to 350 degrees.
2. Place Swiss cheese in the bottom of the pie shell. Top with ham, then cheddar cheese.
3. In a small bowl, combine eggs and evaporated milk; pour evenly over the top.
4. Bake for 35 to 40 minutes or until it reaches an internal temperature of 160 degrees (using a food thermometer).
5. Let stand 15 minutes before serving .

Recipe Adapted From: Dairy Management, Inc.

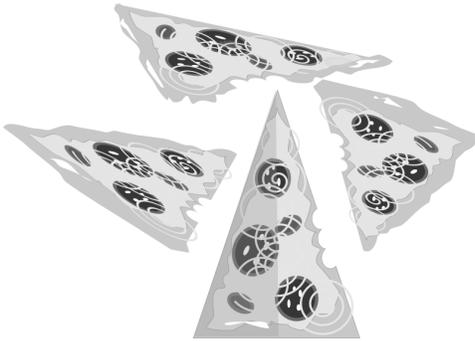
Nutrition Note: This recipe makes 8 servings. Each serving has 230 calories, 11 grams of fat, 17 grams of protein, 15 grams of carbohydrates and 570 milligrams sodium.

Quick and Easy Cheese Pizza

- 1 loaf frozen bread dough, thawed
- 2 cups tomato sauce, low-sodium preferred
- 1 teaspoon oregano
- 2 cups shredded reduced fat mozzarella cheese

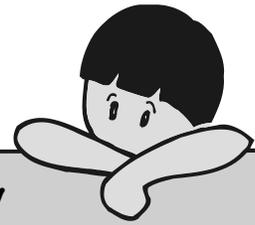
1. Preheat oven to 425 degrees. Coat a pizza pan or baking sheet with nonstick cooking spray.
2. Roll bread dough on a light floured surface to fit pizza pan or baking sheet. Place dough in pan. Turn up edges ½ inch and pinch into place.
3. In a small bowl, combine tomato sauce and oregano. Spread over crust.
4. Sprinkle cheese over sauce. Additional toppings can be added such as vegetables, meats, etc.
5. Bake about 20 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 6 grams of fat, 14 grams of protein, 32 grams of carbohydrates and 540 milligrams of sodium (using low-sodium tomato sauce versus 810 milligrams using regular tomato sauce).



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 turns naming "things". Then pretend to move as if you were each item, i.e. bouncy ball, jiggly Jello, falling leaf, moving car, etc.

Source: Head Start Body Start



Quick Macaroni and Cheese

- 1 cup elbow macaroni
- 2 tablespoons margarine or butter
- 2 tablespoons flour
- ¼ teaspoon dry mustard
- 1 cup fat free skim or 1% milk
- 1 cup shredded reduced fat cheddar cheese
- Salt and pepper to taste

1. Cook macaroni according to package directions. Drain and set aside.
2. In a medium saucepan, melt margarine. Stir in flour and mustard. Add milk slowly, stirring all the time. Cook and stir until mixture boils and thickens.
3. Over low heat, add cheese and stir until cheese is melted and sauce is smooth.
4. Add macaroni and mix gently. Stir over low heat until mixture is hot. Add salt and pepper to taste.

Nutrition Note: This recipe makes 4 servings. Each serving has 240 calories, 8 grams of fat, 13 grams of protein, 26 grams of carbohydrate and 340 milligrams of sodium.

GROWING HAPPY FAMILIES



How can I use cheese?

Cheese is a great source of protein and calcium as well as other vitamins and minerals. Cheese may help children eat more fruits, vegetables and whole grains when added or eaten with these foods. Reduced-fat cheese, which is WIC-allowed, has the same nutrients as regular cheese and tastes great.