Potato Pals
Snack Dippers
Pork Roast
Chocolate Cupcakes
Slow Cooker Applesauce

Reconnect with those you love at mealtime. Ask your children questions like “What happens when you get sleepy” or “Why do you think it’s important to go to sleep at night?”

Source: Mealtime Blessings, Chickasaw Nation WIC

Potato Pals

1 pound red potatoes
1 tablespoon vegetable oil
½ teaspoon salt
½ teaspoon garlic powder

1. Heat oven to 400 degrees.
2. Wash and scrub potatoes. Cut into 1-inch cubes.
3. In a large bowl, stir together potatoes, oil, salt and garlic powder.
4. Lay potatoes out on a baking sheet with sides.
5. Bake until potatoes are soft, about 20 minutes. Toss a couple times while roasting.

Recipe Source: https://www.foodhero.org

Nutrition Note: This recipe makes 4 servings. Each serving has 110 calories, 3.5 grams of fat, 2 grams of protein, 18 grams of carbohydrates and 300 milligrams of sodium.

Snack Dippers

1 cup nonfat or fat-free plain yogurt
3 cups Frosted Mini Wheats cereal

To make Peanut Butter Cheesecake Snack Dippers, mix yogurt with ¾ cup creamy peanut butter in a small bowl.

To make Fall Spice Snack Dippers, mix yogurt with ¼ teaspoon cinnamon and ¼ teaspoon nutmeg in a small bowl.

Serve with Frosted Mini Wheats cereal. Dip cereal into dip.

Notes: Vanilla yogurt could be used instead of plain. Dip could also be used with your favorite fruits like apples and pears.


Nutrition Note: This recipe makes 4 servings. Each serving has 200 calories, 1.5 grams of fat, 7 grams of protein, 43 grams of carbohydrates and 440 milligrams of sodium.

Why breastfeed?

“Breastfeed for the health of your child.”

~ ND WIC Breastfeeding Mom

Pork Roast

1 boneless pork loin (about 4-5 pounds), trimmed of excess fat
Salt
Pepper
1 tablespoon vegetable oil
1 tablespoon minced garlic
¼ cup plus 2 tablespoons chicken broth
¼ cup plus 2 tablespoons low sodium soy sauce
1 tablespoon ground mustard
1 teaspoon dried thyme
1 teaspoon dried ginger

1. Season pork loin on all sides with salt and pepper.
2. In a large skillet, heat oil over medium-high heat. Brown pork loin on both sides. Place in a slow cooker.
3. In a large measuring cup, whisk together all other ingredients. Pour over pork.
4. Cover slow cooker and cook on low for 8-10 hours or on high for 4-5 hours. Pork should be cooked to an internal temperature of 145 degrees.
5. When roast is done, place on a cutting board and cover loosely with foil to keep warm. Wait 5-10 minutes before cutting.

Nutrition Note: This recipe makes 16 servings. Each serving has 160 calories, 5 grams of fat, 26 grams of protein, 1 gram of carbohydrates and 440 milligrams of sodium.
Chocolate Cupcakes

½ pound carrots, peeled and finely shredded*  
1¼ cups white sugar  
3 tablespoons vegetable oil  
½ cup unsweetened applesauce  
½ cup low-fat buttermilk*  
3 large eggs  
2 cups all-purpose flour  
½ cup unsweetened cocoa powder  
2 teaspoons baking soda  
½ teaspoon salt

1. Heat oven to 350 degrees. Line muffin pans with paper liners or coat with nonstick cooking spray.
2. Combine carrots, sugar, oil, applesauce, buttermilk and eggs in a large bowl.
3. In another bowl, mix together flour, cocoa powder, baking soda and salt.
4. While stirring, gradually mix the flour mixture with the carrot mixture.
5. Fill each muffin cup ½ full with batter.
6. Bake for 20-22 minutes or until toothpick inserted into the center comes out clean.

Notes: An equal amount of chopped matchstick carrots can be used in place of regular carrots. To make buttermilk, add 1 tablespoon lemon juice to enough milk to make a cup.

Recipe Source: Nutrition in the Kitchen cookbook, The Children’s Hospital of Philadelphia

Nutrition Note: This recipe makes 24 cupcakes. Each cupcake has 110 calories, 2.5 grams of fat, 2 grams of protein, 21 grams of carbohydrates and 180 milligrams of sodium.

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Crock-Pot™ Corner

Slow Cooker Applesauce

8-12 medium apples, any variety  
2 tablespoons lemon juice  
½ teaspoon cinnamon  
1 teaspoon vanilla  
½ cup water

1. Peel, core and cut apples into wedges. Place into slow cooker.
2. Add remaining ingredients and mix together.
3. Cook on high for 4 hours or on low for 6 hours.
4. Stir to mash or use a potato masher until you reach the desired consistency.
5. Store in a mason jar or other airtight container in the refrigerator.

Nutrition Note: This recipe makes 16 servings. Each serving has 60 calories, 0 grams of fat, 0 grams of protein, 16 grams of carbohydrates and 0 milligrams of sodium.

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. 800.472.2286 www.ndhealth.gov/wic

Mealtimes can be memory makers. A time to reconnect with those you love. A place to feel accepted. And an event that reinvents lives.