Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 8

Sunny Cornbread Muffins
Stuffed Grilled Zucchini
Caribbean Milk Cooler
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Zucchini Sauté

Sunny Cornbread Muffins

¾ cup all-purpose flour
¾ cup yellow cornmeal
2 tablespoons sugar
1 teaspoon baking powder
1 teaspoon salt
1 egg
⅔ cup buttermilk
3 tablespoons canola oil or other vegetable oil
1 cup whole kernel corn, frozen or canned (drain canned corn)

1. In a large bowl combine flour, cornmeal, sugar, baking powder and salt.
2. In a small bowl whisk the egg, buttermilk and oil.
3. Stir the liquid ingredients into the dry ingredients just until moistened. Fold in corn.
4. Grease the muffin pan or line with muffin papers. Fill each muffin cup ¾ full.
5. Bake at 400 degrees for 18-22 minutes or until a toothpick comes out clean.
6. Cool 5 minutes before removing from pan to wire rack. Serve warm.

Nutrition Note: This recipe makes 8 muffins. Each serving has 180 calories with 33% calories from fat and 27 grams of carbohydrates.

Eating Together

Summer is here with all the beautiful things to look at outside. Talk about something beautiful you saw this week. Plan some family time to look for beautiful things outdoors.

Stuffed Grilled Zucchini

4 medium zucchini
5 teaspoons canola or other vegetable oil, divided
2 tablespoons finely chopped red onion
¼ teaspoon minced garlic
½ cup dry bread crumbs
½ cup low-fat mozzarella cheese
½ teaspoon salt
3 tablespoons grated Parmesan cheese

1. Cut zucchini in half lengthwise; scoop out pulp, leaving ¼ inch in shells. Brush with 2 teaspoons oil; set aside.
2. Chop pulp. In a large skillet, sauté pulp and onions in remaining oil.
3. Add garlic to pulp and onions. Cook for 1 minute. Add bread crumbs; cook and stir for 2 minutes or until golden brown.
4. Remove from heat. Stir in the mozzarella cheese and salt.
5. Spoon into the zucchini shells. Sprinkle with Parmesan cheese.
6. Grill, covered (you can place the zucchini in loosely wrapped foil) over medium heat for 8-10 minutes or until zucchini is tender.

Nutrition Note: This recipe makes 8 servings. Each serving has 90 calories with 50% calories from fat and 9 grams of carbohydrates.

Breastfeeding:

The first week of August is World Breastfeeding Week. People all over the world celebrate women who are or have breastfed their babies. By breastfeeding and supporting breastfeeding, we are giving the babies of the future a perfect start.

Caribbean Milk Cooler (Cool and refreshing for the August heat.)

2 cups skim milk
1 cup unsweetened 100% pineapple juice
1 tablespoon vanilla extract
½ tablespoon coconut extract
2 tablespoons sugar
6 ice cubes
¾ cup pineapple chunks, fresh or canned (drain if canned pineapple is used)

1. In a blender, combine all the ingredients. Blend on high speed until well blended.
2. Pour into glasses and enjoy.

Nutrition Note: This recipe makes 6 servings. Each serving has 80 calories with 0 calories from fat and 16 grams of carbohydrates.

Chocolate Revel Bars (A nice treat eaten in moderation.)

1 cup stick margarine
2 cups packed brown sugar
2 eggs
4 teaspoons vanilla, divided
2½ cups flour
1 teaspoon baking soda
3 cups quick-cooking oats
1 can (14 ounces) sweetened condensed milk
1 12-ounce package (2 cups) semisweet or milk chocolate chips
1 cup chopped pecans or walnuts (optional)

1. Set aside 2 tablespoons of the margarine. In a large mixing bowl, beat the remaining margarine with an electric mixer on medium speed for 30 seconds.
2. Add the brown sugar and beat until well mixed.
3. Beat in the eggs and 2 teaspoons vanilla.
4. In another large bowl stir together flour and baking soda; stir in oats.
5. Gradually stir dry mixture into beaten mixture. Set aside.
6. In a medium saucepan, combine the reserved 2 tablespoons margarine, sweetened condensed milk and chocolate chips. Cook over low heat until chocolate melts, stirring occasionally. Remove from heat. Stir in nuts and 2 teaspoons vanilla.
7. Press about 3 cups of the oat mixture into the bottom of an ungreased 10x15-inch pan. Spread the chocolate mixture over the oat mixture.
8. Using your fingers, dot remaining oat mixture over the chocolate.
9. Bake at 350 degrees for about 25 minutes or until the top is lightly browned. (Chocolate mixture will still look moist.)
10. Cool on a wire rack. Cut into 1x2-inch bars. Place some in a sealed container to freeze for a later date if you find it makes too many for your family.

Nutrition Note: This recipe makes about 75 bars. Each serving has 120 calories with 42% calories from fat and 17 grams of carbohydrates.

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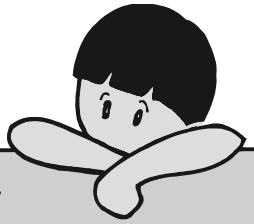

Turn Off the TV

Enjoy the August heat by playing with water outside. Set up a small wading pool for the kids to play in. Clean out used dishwashing liquid bottles and other plastic food containers to use for squirt bottles and buckets. Soft sponges also make inexpensive water toys. Be creative; your kids will have fun with any water activities.

Zucchini Sauté (A quick vegetable you can eat plain or serve over noodles.)

2 teaspoons canola, olive or other vegetable oil
½ red onion, diced
Salt and pepper to taste
4 small zucchini, halved and sliced
½ pound fresh mushrooms (optional)
1 tomato, diced
1 clove garlic, minced
1 teaspoon Italian seasoning

1. Heat oil in a large skillet over medium heat.
2. Sauté onions with salt and pepper for 2 minutes.
3. Stir in zucchini and mushrooms. When zucchini begins to soften, add the tomatoes, garlic and Italian seasoning. Cook until heated

Nutrition Note: This recipe makes 6 servings. Each serving has 45 calories with 33% calories from fat and 6 grams of carbohydrates.

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