Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 10

Cream of Wheat Pancakes
Tex-Mex Casserole
Peanut Butter Crunch Cookies
Fresh Apple Cereal Bars

Cream of Wheat Pancakes (A delicious variation of the pancake.)

Make a double or triple batch and place in the freezer in freezer bags so your kids can have pancakes on a busy school morning. Just take them out of the freezer and place in a toaster or microwave. In a couple of minutes, they will have a nice warm breakfast to start their busy day.

¾ cup flour
½ cup Cream of Wheat cereal (1-minute, 2½-minute or 10-minute cook time), uncooked
2 tablespoons sugar
1 tablespoon baking powder
Dash of salt
¼ teaspoon ground cinnamon
1 egg
1 cup fat-free skim milk
2 teaspoons vegetable oil

1. Mix flour, cereal, sugar, baking powder, salt and cinnamon; set aside.
2. Beat egg, milk and oil in a medium bowl with a wire whisk until well blended. Add flour mixture; beat until well blended. Let stand 5 minutes.
3. Ladle batter onto hot nonstick griddle or skillet, using ¼ cup batter for each pancake. Cook until bubbles form on top, then turn over to brown other side.
4. Make these pancakes extra special by topping with fresh fruit and low-fat vanilla yogurt.

Nutrition Note: This recipe makes ten 4-inch pancakes. Each pancake has 100 calories with 15% calories coming from fat and 18 grams of carbohydrates.

Breastfeeding:

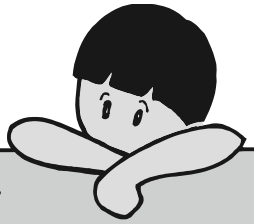
Breast milk provides perfect infant nutrition. It's designed to build brains and to promote gradual growth, creating smart and healthy babies.

Tex-Mex Casserole (A hearty casserole that provides 6 grams of fiber per serving. You may want to double the recipe and use a larger baking dish so you have leftovers for supper later in the week or to take to work.)

½ pound lean ground beef
1½ cups (15-ounce can) cooked black beans
1 can (14.5 ounces) diced tomatoes, drained (You can also use the diced tomatoes with green peppers, celery and onions.)
2 tablespoons chili powder
1 teaspoon garlic powder or 2 crushed garlic cloves
2 cups water
½ cup Cream of Wheat cereal (1-minute, 2½-minute or 10-minute cook time), uncooked
1 can (4 ounces) chopped green chilies, undrained
1 cup shredded low-fat cheddar cheese, divided in half
2 eggs, lightly beaten

1. Preheat oven to 350 degrees. Brown ground beef in a large skillet. Remove from heat; drain and rinse. Return ground beef to skillet. Add beans, tomatoes, chili powder and garlic powder; mix well. Spread into an 8- or 9-inch baking dish (sprayed with nonstick spray).
2. Bring water to a boil in a medium saucepan. Gradually add cereal, stirring constantly with wire whisk until well blended. Cook 1 to 3 minutes or until thickened, stirring constantly. Remove from heat; cool 5 minutes. Add chilies with their liquid, ½ cup of the cheese, and the eggs; mix well. Spread evenly over meat mixture.
3. Bake 25 minutes or until heated through. Sprinkle with the other ½ cup of cheese. Bake an additional 5 minutes or until cheese melts.

Nutrition Note: This recipe makes six 1-cup servings. Each serving has 250 calories with 28% calories coming from fat and 29 grams of carbohydrates.



Turn Off the TV

Play a game of scooper catch with your children. Cut out the bottom of gallon milk jugs. Cover the bottom edges (where you cut) with tape, so they aren't too sharp or rough. You can use your homemade scoops to catch balls, soft toys, etc. This game can be played outdoors on a wonderful fall day or inside if it is too chilly.

Peanut Butter Crunch Cookies (Your whole family will love these healthy cookies—make a bunch and freeze for later.)

1¼ cups flour
½ cup Cream of Wheat cereal (1-minute, 2 ½-minute or 10-minute cook time), uncooked
½ teaspoon baking soda
Pinch of salt
¼ cup (½ stick) margarine or butter, softened
⅓ cup crunchy peanut butter
⅔ cup firmly-packed brown sugar
1 egg
1 teaspoon vanilla

1. Preheat oven to 350 degrees. Mix flour, cereal, baking soda and salt in a medium sized bowl; set aside.
2. Beat margarine and peanut butter in a large bowl with electric mixer on medium speed until well blended. Gradually add brown sugar, beating until light and fluffy. Blend in egg and vanilla.
3. Gradually add the flour mixture, beating well after each addition.
4. Shape into balls, each about 1 inch in diameter. Place 2 inches apart on an ungreased baking sheet.
5. Flatten each in crisscross pattern with fork dipped in sugar (you can also use a small orange juice glass to flatten the cookies).
6. Bake 12-15 minutes or until edges are lightly browned. Cool 1 minute; remove from baking sheets. Cool completely on wire racks. Store in an airtight container at room temperature.

Nutrition Note: This recipe makes 16 cookies. Each cookie has 140 calories with 36% calories coming from fat and 21 grams of carbohydrates.

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Eating Together

Have each family member answer the question, "What's the most delicious food on the table and why?" With younger children, you can ask them to identify the different foods served at the meal and what colors they are.

Fresh Apple Cereal Bars

2 cups Multi Bran Chex cereal
1¼ cups brown sugar
½ cup margarine
¼ cup fat-free skim milk
1 egg
1¾ cups all-purpose flour
1½ teaspoons ground cinnamon
1 teaspoon baking soda
2 cups shredded apples (about 2 medium apples)
½ cup raisins

1. Heat oven to 350 degrees.
2. Crush cereal; set aside.
3. Lightly grease a 9x13-inch pan.
4. Mix together brown sugar, margarine, milk and egg until well blended. Stir in cereal, flour, cinnamon and baking soda.
5. Stir in apples and raisins.
6. Spread in pan. The mixture will be thick, so spread evenly.
7. Bake 30 minutes or until toothpick inserted in center comes out clean.
8. Cool completely. Cut bars into 4 rows by 7 rows.

Nutrition Note: This recipe makes 24 cereal bars. Each cereal bar has 140 calories with 25% calories coming from fat and 25 grams of carbohydrates.

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