Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM DECEMBER 2018

Grape Salad
Cornflake Cookies
Winter Wonderland Hot Cocoa Mix
One-Pan Festive Chicken Fajitas
As-You-Like-It Breakfast Casserole

Grape Salad

4 ounces sliced almonds
1 package (8 ounces) low-fat cream cheese
1 cup light or fat free sour cream
4 ounces light whipped topping
¾ cup brown sugar
2 cups red grapes
2 cups green grapes

1. Toast almonds by spreading onto a baking sheet or pan and heat in a 350 degree oven for about 10 minutes (watching closely to avoid scorching). Other methods for toasting nuts can be found at https://food.unl.edu/toasting-nuts-and-seeds-using-microwave-oven-or-stove-top.
2. In a large bowl, combine cream cheese, sour cream, whipped topping and brown sugar; mix well.
3. Fold in grapes. (If serving to young children, cut grapes before adding.)
4. Chill before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 270 calories, 11 grams of fat, 7 grams of protein, 36 grams of carbohydrates and 115 milligrams of sodium.

Cornflake Cookies

5 cups corn flakes
1 package (11-12 ounces) butterscotch chips
½ cup peanut butter

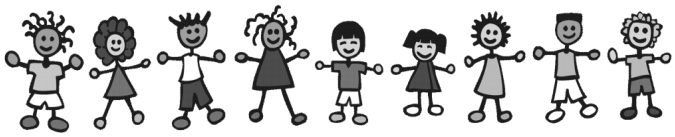
1. Place corn flakes in a large mixing bowl.
2. In a microwave-safe bowl, melt chips and peanut butter, 1 minute at a time until smooth.
3. Pour peanut butter mixture over cornflakes and mix well.
4. Drop by teaspoons onto waxed paper or baking sheets (coated with nonstick cooking spray).
5. Let set before serving.

Nutrition Note: This recipe makes 24 cookies. Each cookie has 130 calories, 6 grams of fat, 3 grams of protein, 14 grams of carbohydrates and 75 milligrams of sodium.

Why breastfeed?

"It promotes a special bond between me and my baby. I think by doing it, I'm able to give a part of me to my child."
~ Marie, WIC Breastfeeding Mom from Valley City

For more information about breastfeeding, go to www.ndhealth.gov/breastfeeding or https://WICBreastfeeding.fns.usda.gov



Tips for a Happy & Healthy Family

Make exercise a part of the fun. Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal.

Source: www.choosemyplate.gov

Winter Wonderland Hot Cocoa Mix

1 cup powdered non-dairy creamer
1 cup nonfat dry milk
¾ cup white sugar
½ cup unsweetened cocoa

1. Combine all ingredients in a large bowl. Mix well. Store in an airtight container.
2. To make hot cocoa, place 2 heaping tablespoons in a cup. Add 1 cup boiling water and stir until cocoa mix is dissolved. If desired, add a cinnamon or peppermint stick to each cup.

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

Nutrition Note: This recipe makes 24 cups (2 tablespoons cocoa mix). Each cup has 70 calories, 1.5 grams of fat, 2 grams of protein, 12 grams of carbohydrates and 40 milligrams of sodium.

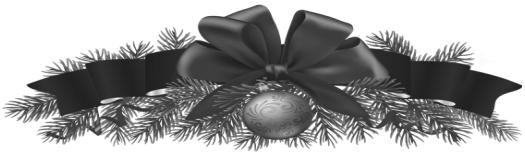
One-Pan Festive Chicken Fajitas

1½ pounds chicken breasts, cut into ½-inch strips
2 red bell peppers, sliced into strips
1 green bell pepper, sliced into strips
1 onion, sliced
3 tablespoons olive or canola oil
1 packet reduced-sodium taco seasoning
1 lime
12 whole-wheat tortillas
Optional toppings: shredded cheese, salsa, sour cream, avocado

1. Heat oven to 425 degrees. Coat a sheet pan with nonstick cooking spray.
2. Prepare chicken and vegetables as directed above and place in a large bowl.
3. Drizzle oil on top of chicken and vegetables.
4. Sprinkle with taco seasoning and toss to coat. Spread onto sheet pan.
5. Bake for 15-20 minutes or until chicken is fully cooked or until a food thermometer inserted into the center of the chicken reaches 165 degrees.
6. Squeeze lime juice over pan and serve with whole-wheat tortillas.
7. Top with additional toppings as desired.

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

Nutrition Note: This recipe makes 10 fajitas. Each fajita (without optional toppings) has 280 calories, 9 grams of fat, 20 grams of protein, 27 grams of carbohydrates and 380 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. This institution is an equal opportunity provider.

NORTH DAKOTA DEPARTMENT of HEALTH

WIC NORTH DAKOTA

800.472.2286
www.ndhealth.gov/wic

Turn Off the TV

Put mittens on your feet and use them as skates to glide across the kitchen floor.

As-You-Like-It Breakfast Casserole

8 eggs
2 cups fat-free skim or 1% milk
2 cups shredded reduced fat cheddar cheese
⅛ teaspoon salt
⅛ teaspoon black pepper
6 slices day-old whole-wheat bread, cut into cubes

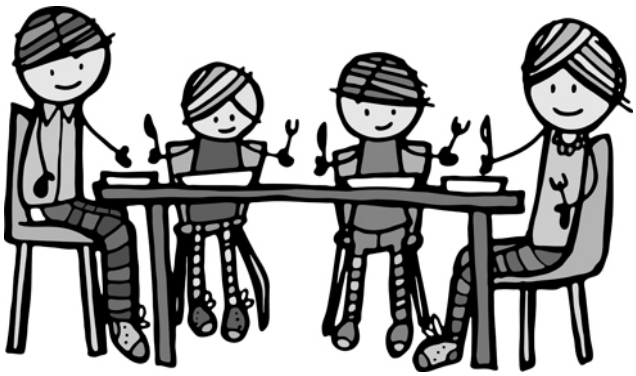
Additions (choose two or three):
1 cup corn, cooked or frozen
½ cup chopped broccoli
¾ cups sliced mushrooms
¼ cup sliced green onions or chopped onion
1 cup cubed ham

1. Heat oven to 350 degrees.
2. Beat eggs in a large bowl. Mix in milk, cheese, salt and pepper. Add bread and carefully stir until all pieces are moistened (don't overmix).
3. Add two or three of the additions listed above.
4. Bake in a casserole dish for 1-1½ hours, until the top is browned and the center springs back when touched, with no liquids present.
5. Let cool for 10 minutes before serving.

Recipe Source: Pinchin' Pennie$ in the Kitchen, 4 Ways to Use Day-old Bread, NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 12 servings. Each serving (using broccoli, mushrooms and onions) has 130 calories, 5 grams of fat, 12 grams of protein, 9 grams of carbohydrates and 320 milligrams of sodium.

GROWING HAPPY FAMILIES



Focus on Family During the Holiday Season

Time is one of the most valuable and treasured gifts we can give our children. Play games, make traditions and just enjoy time with your family. Make meals and memories together with your children. Their smiles will light up your kitchen.