

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

April 2015

Lunch Wraps

Cheesy Chicken Enchilada Bake 7 Steps to Making a Quesadilla Tacos

Lunch Wraps

- 1 cup uncooked brown rice
- 2 cups water
- 1 can (15-16 ounces) pinto beans, drained and rinsed (low sodium preferred)
- 2 cans (30-32 ounces) black beans, drained and rinsed (low sodium preferred)
- 2/3 cup corn
- 2/3 cup diced tomatoes, drained (low sodium preferred)
- 1 cup shredded low-fat cheddar cheese
- 8 whole-wheat tortillas

1. Combine rice and water in a saucepan and boil. Reduce heat to low, cover and cook for 35 to 40 minutes. Remove from heat and cool. If using instant brown rice, follow the cooking directions on the package.
2. Preheat oven to 350 degrees. Place beans, corn and tomatoes in a large bowl and toss to mix. Add the rice and cheese, mix well.
3. Divide mixture evenly between the tortillas and roll up. Place in a baking pan.
4. Bake for 10 minutes or until cheese is melted.

Tip: Make these wraps ahead of time and freeze until ready to use. These wraps are great to take for lunch and can be reheated in the microwave.

Recipe adapted from www.usda.gov/whatscooking

Nutrition Note: This recipe makes 8 wraps. Each wrap has 430 calories, 6 grams of fat, 21 grams of protein, 74 grams of carbohydrates and 730 milligrams of sodium.

Tips for Healthy Snacking

Mix It Up: For older children, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

Cheesy Chicken Enchilada Bake

- 1 pound boneless, skinless chicken breast (about 2 cups)
- 1/2 cup water
- 1 tablespoon chili powder
- 1 can (15-16 ounces) black beans, drained and rinsed (low sodium preferred)
- 1 cup corn
- 1 cup salsa
- 8 corn tortillas
- Cooking spray
- 1/2 cup shredded low-fat cheddar cheese



1. Preheat oven to 375 degrees.
2. Cut chicken breast into 4-5 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165 degrees (about 10 minutes).
3. Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn and salsa to saucepan. Cook until hot, about 2 minutes. Remove from heat.
4. Spread 1/2 cup of chicken mixture down the center of each tortilla. Roll up and place seam side down in a greased 9x13-inch pan.
5. Spread any leftover chicken mixture over the top of the enchiladas.
6. Bake for 12-15 minutes.
7. Sprinkle cheese on top of the enchiladas during the last 5 minutes of baking. Serve immediately.

Recipe adapted from www.extension.iastate.edu/foodsavings

Nutrition Note: This recipe makes 8 enchiladas. Each enchilada has 210 calories, 3 grams of fat, 20 grams of protein, 27 grams of carbohydrates and 430 milligrams sodium.

Breastfeeding:

Why breastfeed?

“Breastfeeding is a great way to save money and use the money we would be spending on formula on cute baby clothes. You also get great mommy and baby time.”

~ Erin, WIC Breastfeeding Mom from Grand Forks, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



7 Steps to Making a Quesadilla

1. Heat a nonstick frying pan to medium-high heat. Add ½ teaspoon of olive or canola oil and spread around frying pan. When the oil is hot, place one whole-wheat tortilla in the pan.
2. Sprinkle ¼ cup of your favorite low-fat shredded cheese, such as mozzarella, Monterey jack or cheddar, over the top of the tortilla, making sure that the cheese does not land on the pan.
3. Add ½ cup of protein, such as canned beans (drained and rinsed), cooked chicken, shrimp, shredded pork or beef, or tofu. Tip: Use leftover rotisserie chicken or canned chicken for a quick lean protein.
4. Add ½ cup of veggies for flavor, fiber and extra nutrition. Try tomatoes, spinach, mushrooms, bell peppers, corn, onions, avocados or your favorite veggie of choice. Add cilantro, pineapple, hot sauce, jalapenos, black olives or salsa for an additional boost of flavor.
5. Sprinkle 2 tablespoons of cheese on top of the fillings and place the other whole-wheat tortilla on top. Cover pan and cook for approximately 2 to 4 minutes or until cheese begins to melt and tortilla browns.
6. Using a spatula, carefully flip the quesadilla over and cook for approximately 2 more minutes.
7. Cut into 6 pieces and top with guacamole, salsa and low-fat sour cream or plain yogurt.

Flavor combinations to try (follow the directions above to try it):

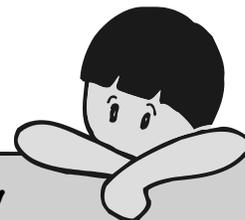
Breakfast banana – Use a whole-wheat tortilla, peanut butter, sliced bananas or strawberries, and a few chocolate chips for a tasty breakfast-style quesadilla.

Hawaiian – Use mozzarella cheese, Canadian bacon or diced lean ham, pineapple and green peppers.

Greek – Use feta cheese (or low-fat cream cheese), chicken, cucumbers, tomatoes, olives and red onion.

Thai – Try pepper jack cheese (not WIC-allowed), shrimp, carrots, green onions, cilantro, and Thai peanut or chili sauce.

Reprinted from Pinchin' Pennie\$ in the Kitchen, 7 Steps to Making a Quesadilla, NDSU Extension Service, www.ag.ndsu.edu/food



Turn Off the TV

Pretend you have a farm. Act out the different things you would see like a horse galloping, a pig rolling in the mud and a farmer picking apples high in a tree.

Source: Head Start Body Start

Tacos

- 1 pound lean ground beef
- 1 package taco seasoning mix (reduced sodium preferred)
- 2 tablespoons water
- 1 can (15-16 ounces) pinto beans, drained and rinsed (low sodium preferred)
- 12 whole-wheat tortillas
- ¾ cup shredded low-fat cheddar cheese
- 1½ cups chopped tomatoes
- 1½ cups chopped lettuce
- 1½ cups salsa
- ¾ cup fat-free sour cream

1. In a large skillet, brown ground beef; drain and rinse excess fat.
2. Add taco seasoning mix, water and beans. Heat until boiling. Reduce heat to low; simmer 5 minutes stirring occasionally.
3. To make each taco, place ¼ cup meat mixture, 1 tablespoon cheese, and 2 tablespoons each tomatoes, lettuce and salsa on a whole-wheat tortilla. Top with 1 tablespoon sour cream.

Nutrition Note: This recipe makes 12 tacos. Each taco has 290 calories, 8 grams of fat, 17 grams of protein, 36 grams of carbohydrates and 970 milligrams of sodium.



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

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GROWING HAPPY FAMILIES



How can I use whole-wheat and soft corn tortillas?

Whole-wheat and soft corn tortillas are a fun way to include more whole grains into your meals. Whole grains keep your family full and provide energy to be active throughout the day. Look at tortillas as flat bread that can be wrapped around your choice of fillings or served plain, hot or cold.