BLT Pasta Salad
Banana Ice Cream
Chicken Salad Wraps
Quick Baked Fish
Bean Bake

BLT Pasta Salad
¾ cup light ranch dressing
½ cup plain nonfat regular or Greek yogurt
12 ounces whole-wheat/whole-grain rotini pasta, cooked
8 slices bacon, cooked and crumbled or ¼ cup bacon pieces
1 pint cherry tomatoes, halved
2 cups romaine lettuce, chopped
½ cup shredded cheddar cheese, reduced-fat preferred

1. In a small bowl, mix yogurt and ranch dressing. Set aside.
2. In a large bowl, mix the rest of the ingredients.
3. Pour dressing over and toss to combine.

Note: To make a homemade dressing instead of using the ranch dressing and yogurt: mix together 1 cup plain nonfat regular or Greek yogurt, ¾ cup fat-free skim or 1% milk, 3 tablespoons white vinegar, juice of 1 lemon, 1 teaspoon kosher salt, ½ teaspoon black pepper, and ½ teaspoon garlic powder.

Nutrition Note: This recipe makes 10 servings. Each serving has using regular yogurt and reduced-fat cheese has 240 calories, 7 grams of fat, 10 grams of protein, 35 grams of carbohydrates and 380 milligrams of sodium.

Why breastfeed?

“The bonding experience is amazing, and it’s so healthy and beneficial for your baby.”

~ Breastfeeding Mom from Lake Region WIC

Banana Ice Cream
2½ very ripe bananas
1-3 tablespoons fat-free skim or 1% milk
1-2 teaspoons vanilla extract, optional

1. Peel and slice bananas into medium-size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with milk. Start with 1 tablespoon and add additional milk for desired consistency (not over ¼ cup total).
3. Pulse food processor or blender until bananas begin to break up. (They will be tiny balls of bananas at this point.)
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy like soft serve ice cream.
5. Serve with your favorite ice cream toppings. Ideas for how to make a variety of banana ice cream flavors can be found here - https://chocolatecoveredkatie.com/2016/08/22/banana-ice-cream-healthy/.

Nutrition Note: This recipe makes 3 servings. Each serving has 94 calories, 0 grams of fat, 2 grams of protein, 23 grams of carbohydrates and 8 milligrams of sodium.

Chicken Salad Wraps
2 cups diced, cooked chicken
¼ cup red grapes, cut in half
¼ cup chopped celery
2 tablespoons shredded carrots
¼ cup light mayonnaise or nonfat plain yogurt
½ teaspoon salt
⅛ teaspoon black pepper
2 whole-wheat tortillas
2 romaine lettuce leaves

1. In a medium bowl, combine chicken, grapes, celery, carrots, mayonnaise/yogurt, salt and pepper. Mix well.
2. Lay out both tortillas. Place a lettuce leaf on each tortilla. Spoon chicken mixture evenly onto the center of the lettuce. Fold or roll into a wrap.

Nutrition Note: This recipe makes 2 wraps. Each ½ wrap has 200 calories, 4.5 grams of fat, 25 grams of protein, 15 grams of carbohydrates and 300 milligrams of sodium.
Quick Baked Fish

1 pound fish fillets (ex. Walleye, Northern, Cod)
½ cup finely crushed corn flakes or all-purpose flour

1. Heat oven to 450 degrees. Cover a 10x15-inch pan with foil and spray with nonstick cooking spray.
2. Rinse fish well under cold water. Cover fish in corn flakes or flour. Lay on pan. Sprinkle with salt, pepper and paprika if desired.
3. Bake for 10 minutes for each inch of thickness or until a food thermometer inserted into the center of the fish reaches 145 degrees.

Nutrition Note: This recipe makes 4 servings. Each serving has 110 calories, 0 grams of fat, 15 grams of protein, 9 grams of carbohydrates and 360 milligrams of sodium.

Crock-Pot™ Corner

Bean Bake

½ pound lean ground beef
¼ cup chopped onion
4 slices bacon (optional)
½ cup ketchup
¼ cup vinegar
¼ cup sugar
1 teaspoon dry mustard
1 can (15-16 ounces) butter beans, drained and rinsed (or low sodium)
1 can (15-16 ounces) kidney beans, drained and rinsed (or low sodium)
1 can (15-16 ounces) pork and beans

1. Brown ground beef and onion in a large skillet. Drain fat; set aside.
2. Cook bacon until crisp. Drain and crumble.
3. Combine all ingredients in a large baking dish or crock pot.
4. Bake 1 hour in a 350 degree oven or 8 hours on low in a slow cooker.

Nutrition Note: This recipe makes 8 servings. Each serving using low sodium beans has 250 calories, 5 grams of fat, 15 grams of protein, 37 grams of carbohydrates and 540 milligrams of sodium.

Looking for recipes online?
Check out the Cooking Matters App at https://cookingmatters.org/cooking-matters-app to find tasty, healthy, low cost recipes with easy-to-follow instructions.