No Bake Boulders
Cheesy Cornbread Muffins
Slow Cooker Chicken Tortilla Soup
No Fuss Potato Soup
Slow Cooker Favorite Chili

No Bake Boulders

½ cup peanut butter
½ cup honey
½ cup Crisp Rice-type cereal
½ cup granola or more Crisp Rice-type cereal
½ cup raisins
½ cup crushed graham crackers

1. Combine peanut butter and honey in a microwave-safe bowl. Microwave on high until peanut butter is melted. (Can also be heated in a saucepan on the stove on low heat, stirring often, until creamy.)
2. Add all other ingredients to the peanut butter mixture and stir together.
3. Form into balls. Let set one hour before eating. Store in the refrigerator.

Nutrition Note: This recipe makes 8 muffins. Each serving has 180 calories, 7 grams of fat, 5 grams of protein, 22 grams of carbohydrates and 320 milligrams of sodium.

Cheesy Cornbread Muffins

1 package/box (8.5 ounces) cornbread mix
1 egg
½ cup fat-free skim or 1% milk
½ cup shredded cheddar cheese

1. Heat oven to 400 degrees. Spray a muffin pan with nonstick cooking spray or use paper baking cups.
2. Mix cornbread according to package directions. Do not over mix; batter will be slightly lumpy.
3. Add cheese and mix just until blended.
4. Fill muffin cups ¾ full.
5. Bake for 15-20 minutes or until golden brown.

Nutrition Note: This recipe makes 20 servings. Each serving has 100 calories, 3.5 grams of fat, 2 grams of protein, 16 grams of carbohydrates and 50 milligrams of sodium.

Slow Cooker Chicken Tortilla Soup

1 large onion, diced
1 can (12.5 ounces) chicken breast or 2-3 boneless, skinless chicken breasts
1 jar (16 ounces) medium salsa
1 can (14.5 ounces) stewed or diced tomatoes
2 cans (4 ounces each) chopped green chiles
1 can (15-16 ounces) black beans, drained and rinsed
1 can (15.25 ounces) corn, drained and rinsed
2 teaspoons minced garlic
¼ teaspoon black pepper
2 cups water
2 cups unsalted chicken broth
1 packet taco seasoning

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low for 4 hours or high for 2 hours.
3. Serve with tortilla chips.

Note: If using chicken breasts, line the bottom of the slow cooker with chicken. Place all other ingredients on top of chicken and stir gently to combine. Cook on low for at least 8 hours. An hour before serving, remove chicken breasts and shred with forks. Return shredded chicken to slow cooker and let cook for remaining hour.


Nutrition Note: This recipe makes 12 servings. Each serving has 110 calories, 1 gram of fat, 8 grams of protein, 15 grams of carbohydrates and 620 milligrams of sodium.
No Fuss Potato Soup

6 cups potatoes, cubed
1 cup water
4 cups chicken broth, low sodium preferred
¼ cup onion, diced
½ cup carrots, thinly sliced
¾ cup margarine or butter, melted
¼ teaspoon black pepper
1 can (12 ounces) fat-free evaporated milk
3 tablespoons parsley
1-2 cups cooked ham or sausage (optional)

1. Combine all ingredients except evaporated milk, parsley and meat (if using) in a large slow cooker.
2. Cover and cook on low for 7 hours or high for 4 hours.
3. Add evaporated milk, parsley and meat (if using) 30 minutes before serving.

Nutrition Note: This recipe makes 9 servings. Each serving using low sodium chicken broth and adding ham has 200 calories, 7 grams of fat, 11 grams of protein, 24 grams of carbohydrates and 360 milligrams of sodium.

Crock-Pot™ Corner

Slow Cooker Favorite Chili

1 can (15-16 ounces) kidney beans or pinto beans, drained and rinsed
1 can (14.5 ounces) tomatoes
1 pound lean ground beef, browned and drained
1 small onion, diced
½ green bell pepper, seeded and chopped
1 packet chili seasoning mix or make your own with 2 tablespoons chili powder, ½ teaspoon ground cumin, ½ teaspoon black pepper, and 1 clove garlic, minced

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low for 8-10 hours or high for 3-4 hours.

Nutrition Note: This recipe makes 6 servings. Each serving using make-your-own chili seasoning mix has 260 calories, 8 grams of fat, 22 grams of protein, 24 grams of carbohydrates and 280 milligrams of sodium.

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MEALTIME BLESSINGS