

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

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Pizza Casserole
Frostbite Cookies
Raspberry Swirl
Mulled and Spiced Sweet Potatoes
Moist Caramel Apple Cake

Pizza Casserole (Pizza with a different look—very easy.)

1½ pounds lean ground beef
½ cup onion, chopped
1 teaspoon salt
¼ teaspoon pepper
1/8 teaspoon oregano
1 package (12 ounces) wide egg noodles
2 cans (10 ounces each) pizza sauce
1 can (8 ounces) tomato sauce
1 cup milk
1 cup sliced turkey pepperoni
1 package (8 ounces) mozzarella cheese, shredded



1. Brown ground beef with onion, salt, pepper and oregano.
2. Cook noodles as directed on package; drain.
3. Combine noodles and beef mixture with all remaining ingredients except cheese.
4. Put in 4-quart casserole that has been sprayed with nonstick cooking spray. Sprinkle cheese over the top.
5. Bake, covered, in a 350 degree oven for 45 minutes. Remove cover; continue baking an additional 10-15 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 470 calories with 32% of calories coming from fat, and 14 grams of carbohydrates.

Breastfeeding:

The holidays are a busy time for families. Remember that breastmilk is always ready to go when you and your baby are—it is always clean, ready to transport, and comes in a nice package.



Eating Together

Treasures come in packages of all colors and sizes. Ask your child to guess a “treasure” that you need to wrap up. Describe your treasure and see if your child can guess what it is. The best “treasure” to describe would be your child, and the best way to wrap him/her up is in your arms with a hug.



Frostbite Cookies (You will love the look and taste!)

¼ cup raisins
3 tablespoons orange juice
½ cup butter, room temperature
¾ cup sugar
1 large egg
2 teaspoons finely grated orange peel
1 cup flour
1 teaspoon baking soda
1½ cup quick rolled oats
8 ounces white chocolate baking chips
1 teaspoon vegetable oil



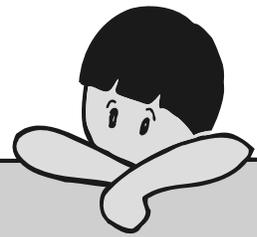
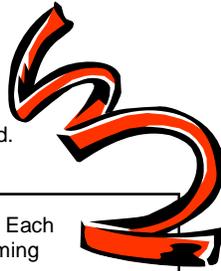
1. Heat oven to 350 degrees. Spray a baking sheet with nonstick cooking spray.
2. In a small microwave bowl, combine raisins and orange juice. Cover and microwave on high for one minute. Let cool (covered).
3. Beat butter and sugar until fluffy. Beat in egg and orange peel.
4. In a separate bowl, combine flour and baking soda. Stir into butter mixture. Add raisins, any soaking liquid, and oats; mix well.
5. Drop by rounded teaspoonfuls onto baking sheet, spacing two inches apart, and flatten slightly.
6. Bake for 10-12 minutes. Transfer to cooling racks and cool completely.
7. Microwave white chocolate and oil in a deep bowl for 3-4 minutes on low power, stirring once. Let stand for 2 minutes; stir until smooth.
8. Dip 1/3 of cookie in white chocolate and set on waxed paper-lined baking sheets.
9. Chill until white chocolate is firm.

Nutrition Note: This recipe makes 36 cookies. Each cookie has 110 calories with 7% of calories coming from fat, and 16 grams of carbohydrates.

Raspberry Swirl (Very nice and tasty for the holidays.)

- 1 cup graham cracker crumbs
- 1 tablespoon sugar
- ¼ cup butter, melted
- 2 cups frozen raspberries, thawed, or slightly crushed fresh raspberries
- 1 package (3 ounces) sugar-free raspberry flavored Jell-O
- 1 cup boiling water
- ½ pound marshmallows
- ½ cup milk
- 1 container (8 ounces) lite Cool Whip, thawed

1. Mix graham cracker crumbs, sugar and melted butter. Press firmly into a 9x13-inch pan; chill until set.
2. Sprinkle a little sugar over the berries; let stand ½ hour.
3. Dissolve Jell-O in boiling water. Drain the berries, reserving juice.
4. Add water to juice to make one cup; add Jell-O mixture. Chill until partially set.
5. Place the marshmallows and milk in a medium-size microwavable bowl. Microwave on high 1-2 minutes or until melted (stir occasionally). Cool thoroughly.
6. Fold in Cool Whip into marshmallow mixture.
7. Add the berries to the Jell-O.
8. Swirl Jell-O into cooled marshmallow mixture. Pour into crust and chill.
9. May garnish with additional Cool Whip, if desired.



Turn Off the TV

Stand in an open area holding the ends of extra-long crepe paper streamers. Let your child hold onto the opposite ends of the streamers. Ask him/her to imagine that you are a present. Then let your child circle around you, holding onto the streamers until you are "all wrapped up."

Nutrition Note: This recipe makes 12 servings. Each serving has 210 calories with 28% of calories coming from fat, and 29 grams of carbohydrates.

Mulled and Spiced Apple Cider (Warm up with this yummy cider.)

- 1 gallon apple cider
- 2 cups fruit juice (cranberry works well)
- 1½ teaspoons cinnamon
- 1 teaspoon ground ginger
- 1½ teaspoons allspice
- 1 teaspoon ground cloves

1. Combine all ingredients in a crock-pot. Stir well.
2. Cover and cook on low for 3 hours or high for 1½ hours. Stir well before serving. (You can also use a percolator—this takes about 1 hour.)

Nutrition Note: This recipe makes 16 two-cup servings. Each serving has 140 calories with no calories coming from fat, and 34 grams of carbohydrates.

Moist Caramel Apple Cake (Easy and delicious.)

- 1 package yellow cake mix
- 1 small package vanilla or French vanilla instant pudding & pie filling
- 1 cup water
- 4 eggs
- 1/3 cup vegetable oil
- 3 large apples, peeled, cored and coarsely chopped
- 20 caramels, unwrapped
- ¼ cup milk

1. Preheat oven to 350 degrees. Grease and flour a 12-cup bundt pan.
2. Beat cake mix, dry pudding mix, water, eggs and oil in a large bowl with an electric mixer on low speed until blended. Beat on high speed 2 minutes.
3. Gently stir in apples. Pour into prepared pan.
4. Bake for 50-60 minutes or until a toothpick comes out clean.
5. Cool 10 minutes, then remove from the pan. Cool completely.
6. Microwave caramels and milk in a microwavable bowl on high for 1½ minutes, stirring every 30 seconds until melted. Cool 10 minutes until slightly thickened.
7. Drizzle over cake.

Nutrition Note: This recipe makes 24 servings. Each serving has 190 calories with 32% of calories coming from fat, and 30 grams of carbohydrates.

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children, North Dakota Department of Health, Division of Nutrition and Physical Activity, 600 East Boulevard Avenue, Dept. 301, Bismarck, North Dakota 58505-0200 701.328.2496

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