Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 1

Orange Refrigerator Muffins
Vegetable Cheese Soup
Crock Pot Beef and Noodles
Apple Crisp
Cornbread Burger Bake

Orange Refrigerator Muffins (These muffins make a quick and tasty breakfast, or send one to school for a healthy snack.)

1 cup quick rolled oats
1 cup bran flakes
1 cup crushed shredded wheat cereal
Grated rind of 2 oranges
½ cup boiling water
½ cup orange juice
½ cup margarine
1½ cups sugar
2 eggs, well beaten
2 cups buttermilk
2½ cups flour
2½ teaspoons baking soda
½ teaspoon salt

1. Preheat oven to 400 degrees. Grease muffin cups or use paper baking cups.
2. Mix first 4 ingredients (cereals and orange rind) in a large bowl. Pour boiling water and juice over cereal mixture. Mix gently with a fork; let stand until lukewarm.
3. Mix remaining ingredients in a separate bowl. Add to cereal mixture in the large bowl and blend gently.
4. Fill muffin cups about ¾ full. Bake for 18-20 minutes.
5. You can bake what you need and keep the remaining batter in a covered container in the refrigerator for several weeks.

Nutrition Note: This recipe makes 30 muffins. Each muffin has 139 calories with 24% of calories coming from fat, and 24 grams of carbohydrates.

Eating Together

Over dinner, discuss what the children would serve if they had to make dinner for the parents. (No fast food, takeout, or delivery services!)

Vegetable Cheese Soup

2 cups chopped potatoes
½ cup sliced carrots
1 cup sliced celery
¼ cup chopped onion
¼ teaspoon pepper
2 cups boiling water
¼ cup margarine
¼ cup flour
2 cups skim milk
8 ounces shredded American cheese
2 cups cream-style corn

1. Combine potatoes, carrots, celery, onion, pepper and boiling water in a saucepan.
2. Bring to a simmer. Cover and cook for 10 minutes, stirring occasionally.
3. In a separate saucepan, melt the margarine. Add the flour, stirring until smooth.
4. Gradually stir in milk. Reduce heat; cook over low heat until thickened, stirring often.
5. Add cheese and mix well. Cook over low heat until cheese is melted; do not boil.
6. Pour milk mixture into vegetable mixture. Add corn.
7. Cook until heated through, stirring often. Do not boil.

Nutrition Note: This recipe makes 8 servings. Each serving has 325 calories with 33% of calories coming from fat, and 34 grams of carbohydrates.

Crock-Pot Beef and Noodles (A great-tasting meal that's quick to fix.)

2 to 2½ pounds round steak
Salt and pepper to taste
1 can (10 ounces) cream of mushroom soup
1 can water
1 package (12 ounces) egg noodles

1. Cut round steak into 6-8 serving pieces, or smaller pieces if desired. Place in crock-pot.
2. Salt and pepper to taste.
3. Add mushroom soup and 1 can of water. Stir to coat meat.
4. Cook on low for 7 hours.
5. Add the uncooked noodles, stirring well to make sure noodles are wet and separated. If needed, add more water.
6. Cook 1½ hours on low, stirring once to separate noodles. (If you don't want to wait to cook the noodles in the crock-pot, just cook according to package directions and serve the meat over the noodles.)

Nutrition Note: This recipe makes 8 servings. Each serving has 382 calories with 31% of calories coming from fat, and 33 grams of carbohydrates.

Breastfeeding:
The longer you breastfeed, the more likely your baby's teeth will come in properly. If the teeth come in straight, there's no need to fix them.

Apple Crisp (A taste bud treat.)

6-7 tart apples, peeled
¼ cup sugar
2 tablespoons flour
¼ teaspoon cinnamon

Topping Mix:
- ¾ cup flour
- ¾ cup oatmeal
- ¾ cup brown sugar
- ½ cup margarine
- ¼ teaspoon salt

1. Preheat oven to 350 degrees.
2. Slice apples into a bowl.
3. Combine sugar, flour and cinnamon; sprinkle over apples. Mix well. Spread evenly in a 9x9-inch pan.
4. Combine all topping ingredients with a pastry blender or fork.
5. Crumble topping over apples.
6. Bake for 35-40 minutes.

Nutrition Note: This recipe makes 9 servings. Each serving has 80 calories, with zero calories coming from fat, and 20 grams of carbohydrates.

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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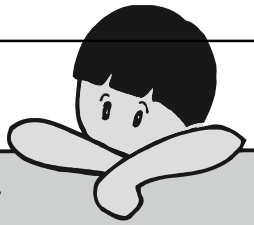
Cornbread Burger Bake (Simple and quick.)

1 egg, beaten
½ cup cornmeal
1 teaspoon baking soda
½ can (1 cup) cream-style corn
½ cup milk
1 tablespoon oil
¾ pound ground beef
½ cup chopped onion
¼ cup chopped green pepper
1 teaspoon chili powder
1 cup shredded low-fat cheese

1. In a bowl mix the egg, cornmeal, baking soda, corn, milk and oil. Set aside.
2. Cook the ground beef; drain fat.
3. Mix the onion, green pepper and chili powder with the meat.
4. Pour half the cornmeal mixture into a greased 1-quart baking dish.
5. Cover with the meat mixture and the shredded cheese.
6. Pour the rest of the cornmeal mixture on top.
7. Bake in a 375-degree oven for 30-35 minutes.

Nutrition Note: This recipe makes 4 servings. Each serving has 420 calories with 43% of calories coming from fat, and 30 grams of carbohydrates.



Turn Off the TV

Give your child a bucket of socks or fabric scraps to toss around the room—these are the alligators. Now throw a beanbag into the middle and see if she can get to it, pick it up, and wend her way back, all without disturbing one of the pretend reptiles. When you're done playing, make a game of the clean-up too: challenge her to gather all of the socks before you count to 10.

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