Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 2

Chicken Lattice Pie
Quick Chicken Chowder
Southwest White Chili
Fiesta Chicken Soup
Sonora Chicken

Chicken Lattice Pie

2 tubes refrigerated crescent rolls
4 cups cooked, cubed chicken
1½ cups shredded Swiss cheese
1 package (10 ounces) frozen broccoli
1 can cream of chicken soup
1⅓ cups milk
2 tablespoons mustard
1 tablespoon dried minced onion
½ teaspoon salt
Dash pepper
1 egg, lightly beaten

1. Unroll 1 tube of crescent roll dough and separate into rectangles. Place in ungreased 10x15-inch baking pan, pressing onto bottom and ¼-inch up the sides of pan.
2. Bake at 375 degrees for 5-7 minutes, or until a light golden brown.
3. In a bowl combine chicken, cheese, broccoli, soup, milk, mustard, onion, salt and pepper. Spoon over crust.
4. Unroll remaining dough; divide into rectangles and seal perforations. Cut into 4 strips and make a lattice top. Brush with egg.
5. Bake at 375 degrees for 17-22 minutes or until crust is golden brown and filling is hot.

Eating Together

Over dinner, have each child fill in the blanks in this statement: "I have my mother's _____ and my father's _____."

Quick Chicken Chowder (Hearty and tasty.)

2 tablespoons butter or margarine
1 small onion, diced
1 celery stalk, diced
2 carrots, peeled and diced
2 tablespoons flour
3 cups canned chicken broth
2 cups cooked chicken, chopped
1 potato, peeled and diced
¾ cup frozen corn
½ teaspoon dried thyme (optional)
Salt and pepper to taste
Crumbled bacon (optional)

1. Melt butter in pan; add onion, celery and carrots. Cook 1 minute. Rapidly stir in flour and cook 1 minute, stirring constantly.
2. Add broth and bring to a boil, stirring constantly.
3. Reduce heat; add chicken, potato, corn and seasonings. Cook over low heat for about 15 minutes, or until the potato is cooked.
4. Season as desired. Top with crumbled bacon, if desired.

Breastfeeding:
A mother's milk composition changes from feeding to feeding depending on the needs of her child. No formula can do that!

Southwest White Chili (A new twist on chili.)

1 tablespoon olive oil
1½ pounds boneless, skinless chicken breast, cut into small cubes
¼ cup chopped onion
1 cup chicken broth
1 can (4 ounces) chopped green chilies
1 teaspoon garlic powder
1 teaspoon ground cumin
½ teaspoon oregano leaves
½ teaspoon cilantro leaves
⅛ teaspoon ground red pepper
1 can (19 ounces) white kidney beans (cannellini), undrained
2 green onions, sliced

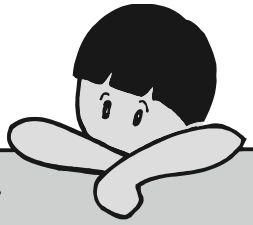
1. Heat oil in large saucepan over medium-high heat. Add chicken and onions; cook 4-5 minutes.
2. Stir in broth, green chilies and spices; simmer 15 minutes.
3. Stir in beans. Simmer 5 minutes. Top with sliced green onions. Garnish with Monterey Jack cheese, if desired.

Makes 4 cups.

Fiesta Chicken Soup (Warm up on a cold day.)

1 pound boneless, skinless chicken, cut into 1-inch pieces
1-2 teaspoons vegetable oil
1 can (10 ounces) cream of chicken soup
1 can (10 ounces) Campbell's Fiesta Nacho Cheese soup
1½ cups skim milk
½ cup water
1 can (10 ounces) mild enchilada sauce
1 can (8 ounces) tomato sauce
Tortilla chips or Fritos
Shredded cheese

1. Brown chicken in 1-2 teaspoons oil over medium heat. Set aside.
2. Combine cream of chicken soup and nacho cheese soup in a crock-pot. Add milk and water; whisk together until smooth.
3. Add enchilada sauce, tomato sauce and chicken. Mix well.
4. Cook on high for 1 hour, stirring occasionally.
5. Serve in bowls, topped with a small amount of corn chips and shredded cheese.



Turn Off the TV

Create a trail by unwinding some toilet paper (under the kitchen table, over the couch, around the chair, up the stairs), choosing obstacles that will challenge your child without daunting him. (And, of course, make a game of gathering up all of the paper, too.)

Sonora Chicken (Beyond our borders.)

3 cups cubed, cooked chicken
10 corn tortillas (6-inch), chopped up
1 can (15 ounces) chili (no beans)
1 can cream of mushroom soup
1 can cream of chicken soup
½ cup taco sauce or salsa
⅓ cup milk
¼ cup chopped onion
Several dashes cayenne pepper sauce
2 cups pizza or taco cheese

1. Layer ½ of chicken and ½ of the tortilla pieces in the bottom of a 9x13-inch baking pan.
2. Mix together all remaining ingredients (except cheese) and spoon ½ of mixture onto bottom layer. Sprinkle on ½ of cheese.
3. Repeat layers. Bake at 350 degrees for 40-45 minutes. Let stand 10 minutes before serving.

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