Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 11

Apple Pork Chops
Ribbon Pumpkin Bread
Peanut Butter 'n' Jelly Muffins
Strawberry Banana Delight

Apple Pork Chops

2 tablespoons vegetable or canola oil
½ cup chopped onion
4 (½-inch thick) pork chops
½ teaspoon salt
Ground black pepper to taste
2 apples, peeled, cored and sliced
2 tablespoons brown sugar
½ teaspoon ground mustard
⅛ teaspoon ground cloves
¾ cup hot water

1. Preheat oven to 375 degrees.
2. Heat oil in a large skillet. Sauté onion in oil for one minute, or until tender. Remove onion and set aside.
3. Brown pork chops on both sides in oil. Place chops in an 8x12-inch baking dish and sprinkle with salt and pepper. Cover the chops with the apples and cooked onion.
4. In a small bowl combine brown sugar, mustard, cloves and water. Pour over chops.
5. Cover and bake 30 to 45 minutes.

Hint: You can run the apples through a food processor so they spread over the chops evenly.

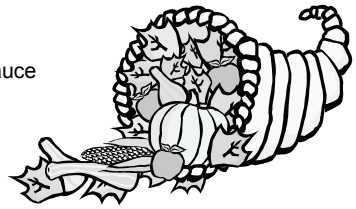
Nutrition Note: This recipe makes four servings. Each serving has 290 calories, with 41 percent of the calories coming from fat, and 17 grams of carbohydrates.

Breastfeeding:
Breastfeeding protects babies from ear infections. A formula-fed baby is three to four times more likely to get an ear infection than a breastfed baby.

Ribbon Pumpkin Bread

Filling:
6 ounces reduced-fat cream cheese
¼ cup sugar
1 tablespoon all-purpose flour
2 egg whites

Batter:
1 cup pumpkin
½ cup unsweetened applesauce
1 egg
2 egg whites
1 tablespoon canola oil
1⅔ cups all-purpose flour
1¼ cups sugar
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground cloves
⅓ teaspoon chopped walnuts



1. For filling, combine the cream cheese, sugar, flour and egg whites in a bowl; set aside.
2. In a mixing bowl beat the pumpkin, applesauce, egg, egg whites, and oil. Combine the flour, sugar, baking soda, salt, cinnamon and cloves; add to pumpkin mixture. Stir in walnuts.
3. Divide half of the batter between two 8x4x2-inch loaf pans coated with nonstick cooking spray. Spread each with filling; top with remaining batter.
4. Bake at 350° for 40-45 minutes or until a toothpick inserted near the center comes out clean.
5. Cool 10 minutes before removing from pans to wire racks to cool completely. Refrigerate leftovers.

Nutrition Note: This recipe makes two loaves (28 slices total). Each slice has 60 calories, with 25 percent of the calories coming from fat, and 9 grams of carbohydrates.

Eating Together

Thanksgiving is a great time of year to let our family know how much we love and appreciate them. Have each family member complete the sentence "What I like best about our family is ..."

Peanut Butter 'n' Jelly Muffins

2 cups all-purpose flour
2 teaspoons baking powder
¾ teaspoon baking soda
¼ teaspoon salt
2 eggs
¾ cup apple juice concentrate
½ cup chunky peanut butter
¼ cup fat-free milk
3 tablespoons butter, melted
⅓ cup strawberry jam

1. In a large bowl combine the flour, baking powder, baking soda and salt.
2. Combine the eggs, apple juice concentrate, peanut butter, milk and butter; stir into dry ingredients just until moistened.
3. Coat 12 muffin cups with nonstick cooking spray or line with baking cups. Spoon half of the batter into cups. Spoon about 1¼ teaspoons jam into the center of each; top with remaining batter.
4. Bake at 350 degrees for 15-20 minutes or until a toothpick inserted into muffin comes out clean. Cool 5 minutes before removing from pan to a wire rack to cool completely.

Nutrition Note: This recipe makes 12 muffins. Each serving has 220 calories, with 36 percent of the calories coming from fat, and 30 grams of carbohydrates.

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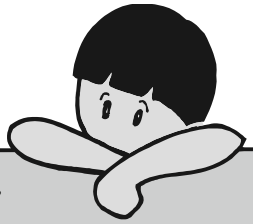

Turn Off the TV

If you have photos that didn't turn out quite the way you'd hoped, make a book out of them with your child. Paste some on the pages of a notebook and make up a story together to print under the pictures.

Strawberry Banana Delight

1 package (0.3 ounce) sugar-free strawberry gelatin
1 cup boiling water
6 ice cubes
2 medium ripe bananas, peeled and cut into chunks
4 tablespoons whipped topping
4 fresh strawberries

1. In a small bowl dissolve gelatin in boiling water; cool 10 minutes.
2. Add enough water to ice cubes to measure one cup. Place gelatin and ice mixture in a blender; cover and process for one minute or until ice cubes are dissolved. Add bananas; process one to two minutes longer or until blended.
3. Pour into four dessert dishes. Refrigerate at least 30 minutes or until set.
4. Garnish each with one tablespoon whipped topping and a strawberry.

Nutrition Note: This recipe makes four servings. Each serving has 80 calories, with 1 percent of the calories coming from fat, and 16 grams of carbohydrates.

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