Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 12

Winter Fruit Salad
Texas Caviar
Ranch Snack Mix
Hot Beef Dip
White Chocolate Party Mix

Winter Fruit Salad (A colorful and nutritious holiday dish.)

2 medium apples, peeled and sliced
1 package (12 ounces) whole cranberries, frozen or fresh
1 cup sugar
1 cup golden raisins
¼ cup orange juice
1 teaspoon orange peel
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon allspice
1 can (15 ounces) sliced peaches (packed in juice or water), drained
1 can (15 ounces) apricot halves (packed in light syrup), drained
1 cup coarsely chopped pecans, optional

1. In a large saucepan combine the apples, cranberries, sugar, raisins, orange juice, orange peel and salt. Bring to a boil.
2. Add the cinnamon and allspice. Simmer for 10 minutes or until apples are tender.
3. Add the drained fruit. Add the pecans just before serving.
4. This can be served warm as a side dish or cold as a salad. Keep refrigerated.

Nutrition Note: This recipe makes 10 servings. Each serving has 270 calories, with 30 percent of the calories coming from fat, and 50 grams of carbohydrates.

Eating Together

Have each family member tell about a family tradition they enjoy. Talk about new traditions your family could start this holiday season.

Texas Caviar (A good dip for a large get-together during the holidays.)

1 can (15 ounces) black-eyed peas
1 can (15 ounces) corn or Mexican corn
1 can (15 ounces) pinto beans
1 can (15 ounces) black beans
1 can (15 ounces) garbanzo beans
1 cup chopped celery
1 green pepper, chopped
1 red pepper, chopped
½ red onion, chopped
1 can (15 ounces) black olives
1 can (4 ounces) green chilies or jalapeno peppers
1 large tomato, chopped (optional)
2 cloves garlic, crushed or 2 teaspoons garlic powder (optional)
2 teaspoons cilantro (optional)
½ teaspoon salt
½ teaspoon pepper
½ cup sugar
¾ cup cider vinegar
½ cup vegetable oil

1. Mix all beans, vegetables, olives, chilies, garlic and cilantro together in a large bowl. (If using canned beans, drain and rinse before mixing with other ingredients.)
2. In a saucepan combine the salt, pepper, sugar, cider vinegar and vegetable oil; bring to a boil. Continue cooking until sugar is dissolved; cool. After it has cooled, pour over the bean mixture.
3. Cover and place in the refrigerator overnight to marinate.
4. Toss before serving. Serve with corn chips.

Nutrition Note: This recipe makes 20 servings. Each serving has 180 calories, with 44 percent of the calories coming from fat, and 23 grams of carbohydrates.

Breastfeeding:

Give your baby the gift of breastfeeding. By breastfeeding, you are giving your baby a gift only you can provide, with benefits that will last a lifetime.

Seasons Greetings

Ranch Snack Mix (Makes a good party snack.)

6 cups Chex-type cereal (any variety)
2 cups peanuts
2 cups pretzels
2 cups oyster crackers
1 envelope dry ranch dressing mix
¼ cup canola or vegetable oil
½ teaspoon garlic powder
1 teaspoon celery seed

1. Place the cereal, peanuts, pretzels and oyster crackers into a large bowl.
2. Mix the dressing mix, oil, garlic powder and celery seed in a small bowl. Pour over cereal mixture and stir well.
3. Put the cereal mixture in a large roaster or on a baking sheet. Bake at 250 degrees for 20 minutes (stir after 10 minutes). Remove from oven and let cool.
4. Store in a covered container such as an ice cream bucket.

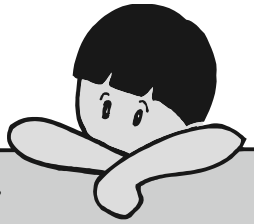
Nutrition Note: This recipe makes 20 servings. Each serving has 210 calories, with 48 percent of the calories coming from fat, and 23 grams of carbohydrates.

Hot Beef Dip (A tasty combination for dipping.)

1 pound lean ground beef
1 can (16 ounces) fat-free refried beans
1 to 1½ cups salsa
16 ounces low-fat cream cheese, sliced
1 cup shredded low-fat cheddar cheese

1. Brown the ground beef in a skillet. Drain and rinse the meat after cooking.
2. Add the beans and salsa to the ground beef. Mix well and place into a 10-inch baking dish.
3. Layer the slices of cream cheese over the top of the beef mixture. Sprinkle with the cheddar cheese.
4. Bake at 350 degrees for 15 to 20 minutes or until cheese is melted. Serve with warm tortilla chips.

Nutrition Note: This recipe makes 20 servings. Each serving has 130 calories, with 46 percent of the calories coming from fat, and 7 grams of carbohydrates.



Turn Off the TV

Have your child draw or color pictures to make holiday greeting cards. Send the cards to family, friends, teachers, day-care providers, etc.

White Chocolate Party Mix (A tasty new party mix.)

16 cups popped popcorn
3 cups Cheerios-type cereal (any variety)
1½ cups pecan halves
1 package (14 ounces) milk chocolate candy-coated pieces
1 package (10 ounces) pretzel sticks
1 package (10 ounces) English toffee bits
2 packages (12 ounces each) vanilla or white chips
2 tablespoons vegetable or canola oil

1. In a large bowl combine the popcorn, cereal, pecans, chocolate candy, pretzels and toffee bits. Set aside.
2. In a microwave or heavy saucepan (use low heat on stove), melt white chips and oil; stir until smooth.
3. Pour melted chips over popcorn mixture and toss to coat.
4. Immediately spread onto two baking sheets; let stand until dry, about 2 hours. Store in an airtight container.

Nutrition Note: This recipe makes 37 one-cup servings. Each serving has 270 calories, with 44 percent of the calories coming from fat, and 32 grams of carbohydrates.

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