Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 23 Number 2

Mexican Stuffed Peppers
Frozen Strawberry Mousse
Honey Mustard Coleslaw
Banana Oat Breakfast Cookie
Easy Chicken Enchiladas

Mexican Stuffed Peppers (A meal your kids will love)

6 large green peppers, tops removed and seeded
1½ pounds lean ground beef
1 package taco seasoning mix
1 cup salsa
1½ cups cooked white or brown rice (follow package directions)
1 cup shredded reduced-fat Mexican cheese blend or reduced-fat cheddar cheese
1 cup crushed corn chips

1. In a large pan, cook meat according to taco seasoning packet directions.
2. Add the salsa and cooked rice. Mix together.
3. Stuff each pepper with the meat mixture.
4. Place the peppers in a 9x13-inch pan and cover with foil.
5. Bake at 350 degrees for one hour.
6. Remove from oven and top each pepper with cheese. Place in oven uncovered for five minutes (or until cheese is melted).
7. Top with crushed corn chips before serving.

Nutrition Note: This recipe makes six servings. Each serving has 430 calories, with 37 percent of the calories coming from fat, and 34 grams of carbohydrates.

Eating Together

In February, we celebrate Valentine's Day to show others how much we love them. Have each family member answer the question "What is the best way for your family to show you they love you?"

Frozen Strawberry Mousse (A very light and tasty Valentine treat.)

1 package (10 ounces) frozen unsweetened strawberries
1 cup fat-free plain yogurt
⅓ cup sugar
1 tablespoon vanilla
1 tablespoon lemon juice

1. Place strawberries, yogurt, sugar, vanilla and lemon juice in a blender; blend until combined.
2. Pour into a container and freeze. Serve in individual dessert dishes.

Nutrition Note: This recipe makes four servings. Each serving has 120 calories, with no calories coming from fat, and 28 grams of carbohydrates.

Breastfeeding:

Breastfed babies have fewer cavities. Breast milk contains bacteria-fighting cells that may help kill the bacteria that cause cavities.

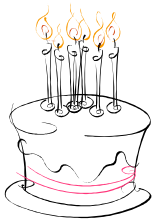
Honey Mustard Coleslaw (A colorful quick veggie for any meal)

1 bag (16 ounces) shredded cabbage mixture
3 radishes, coarsely grated (optional)
1 small green pepper, chopped
4 green onions, chopped
¼ cup chopped fresh parsley
1 cup fat-free mayonnaise
¼ cup fat-free sour cream
¼ cup Dijon mustard
¼ cup honey
Salt and pepper to taste

1. Place the cabbage mixture in a large bowl.
2. Add the radishes, pepper, green onions and parsley; mix gently.
3. In a small bowl, add the mayonnaise, sour cream, mustard, honey, salt and pepper. Mix well and pour over the cabbage mixture.
4. Toss to coat well. Refrigerate two hours before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 80 calories, with 18 percent of the calories coming from fat, and 16 grams of carbohydrates.

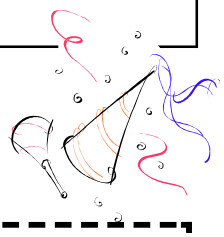
Banana Oat Breakfast Cookie (A cookie without eggs)



1 large banana
½ cup peanut butter
½ cup honey
1 teaspoon vanilla
1 cup oats
½ cup whole wheat flour
¼ cup nonfat dry milk powder
2 teaspoons ground cinnamon
¼ teaspoon baking soda
1 cup dried cranberries or raisins

1. Lightly coat a cookie sheet with nonstick cooking spray. Preheat oven to 350 degrees.
2. In a large bowl, stir together banana, peanut butter, honey and vanilla.
3. In a small bowl, combine oats, flour, milk powder, cinnamon and baking soda.
4. Add the oat mixture to the banana mixture and mix until combined.
5. Stir in the cranberries.
6. Using a ¼-cup measure, drop mounds of dough 3 inches apart on the cookie sheet. Flatten and spread each mound to ½ inch thick with a spatula.
7. Bake about 15 minutes or until browned.
8. Transfer to wire racks and cool completely. Store in an airtight container or resealable plastic bag for three to four days, or freeze for up to two months.

Nutrition Note: This recipe makes 12 cookies. Each serving has 200 calories, with 30 percent of the calories coming from fat, and 34 grams of carbohydrates.



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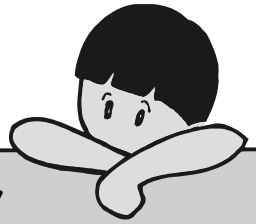
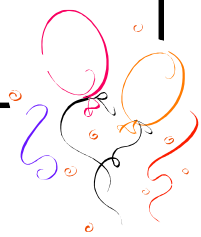


Turn Off the TV

Make up a reason for celebrating. Create homemade decorations, play some games, and have a party. You could celebrate the whole family's "unbirthday" or an unexpectedly sunny day.



Easy Chicken Enchiladas (Quick and nutritious)

1 can (10 ounces) enchilada sauce, divided
4 ounces reduced-fat (⅓ less fat) cream cheese, cubed
1½ cups salsa
2 cups cubed cooked chicken
1 can (15 ounces) pinto beans, drained and rinsed
1 can (4 ounces) chopped green chilies
10 (6-inch) flour tortillas
1 cup shredded reduced-fat Mexican cheese blend or reduced-fat cheddar cheese

Toppings: Shredded lettuce, chopped tomato, fat-free sour cream and sliced ripe olives

1. Spoon ½ cup enchilada sauce into a greased 9x13-inch baking dish.
2. In a large saucepan, cook and stir the cream cheese and salsa over medium heat for two to three minutes or until blended.
3. Stir in the chicken, beans and chilies.
4. Place 6 tablespoons of chicken mixture down the center of each tortilla. Roll up and place seam-side down in the baking dish.
5. Top with remaining enchilada sauce. Sprinkle with cheese.
6. Cover and bake at 350 degrees for 25 to 30 minutes or until heated through.
7. Serve with toppings.

Nutrition Note: This recipe makes five servings. Each serving has 510 calories, with 29 percent of the calories coming from fat, and 56 grams of carbohydrates.

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