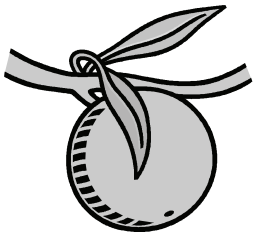
Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 23 Number 3

Orange Pork Chops
Chicken and Cranberry Salad
Brown Bag Fruit Mix
Fabulous Fruit Muffins
Strawberry Smoothie

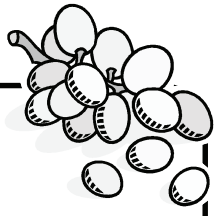
Orange Pork Chops



4 pork chops
2 sweet potatoes, washed and peeled
1 orange, washed and sliced
Dash cinnamon
Dash salt
Dash black pepper

1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potatoes into ½-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
5. Cover and bake one hour.

Nutrition Note: This recipe makes four servings. Each serving has 270 calories, with 37 percent of the calories coming from fat, and 17 grams of carbohydrates.



Eating Together

Have each family member answer the question, "What is your favorite fruit and why?" Then plan to serve a different family member's favorite fruit at your meals that week.

Chicken and Cranberry Salad

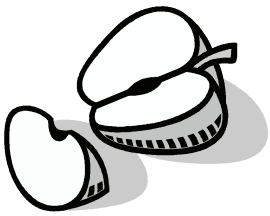
12 ounces (1½ cups) chicken, cooked and diced
½ cup vinaigrette dressing
1 cup dried cranberries or cherries
2 tablespoons sliced almonds
1 head lettuce, washed and chopped

1. Toss chicken, cranberries and almonds with dressing.
2. Serve on a mound of chopped lettuce.

Nutrition Note: This recipe makes four servings. Each serving has 290 calories, with 16 percent of the calories coming from fat, and 34 grams of carbohydrates.

Breastfeeding:

Breastfed babies have fewer allergies than formula-fed babies.
Breastfeeding protects against food, skin and respiratory allergies.



Brown Bag Fruit Mix

1 cup diced apple, unpeeled
1 cup sliced banana
1 cup grapefruit sections, cut up
4 tablespoons grapefruit or pineapple juice
⅔ cup grapes, halved
⅔ cup pineapple tidbits, juice packed, drained

1. Mix apple, banana and grapefruit sections with juice to prevent darkening of apple and banana.
2. Add grapes and pineapple.
3. Chill before serving.

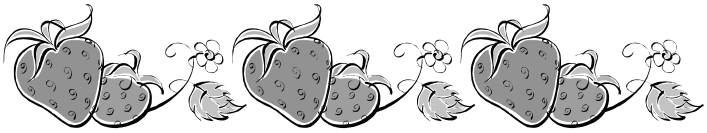
Nutrition Note: This recipe makes four servings. Each serving has 120 calories, with no calories coming from fat, and 31 grams of carbohydrates.

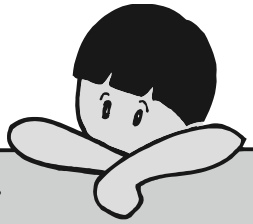
Fabulous Fruit Muffins

1¼ cups flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
¾ cup low-fat buttermilk
2 tablespoons melted margarine
1 egg, slightly beaten
½ teaspoon vanilla extract
1 cup coarsely-chopped frozen strawberries or other fruit (fresh or frozen)

1. Preheat oven to 400 degrees. Spray muffin tin with nonstick cooking spray or line with muffin papers.
2. In a large bowl, combine the flour, sugar, baking powder and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, margarine, egg and vanilla. Pour this mixture into the dry ingredients.
4. Using a large spoon, gently stir ingredients just until moistened (do not overmix). Add fruit and stir gently (do not overmix).
5. Spoon batter evenly into nine muffin cups.
6. Bake 20 to 25 minutes or until golden brown.
7. Serve hot or cold. Muffins may be frozen for later use.

Nutrition Note: This recipe makes nine muffins. Each muffin has 130 calories, with 23 percent of the calories coming from fat, and 22 grams of carbohydrates.





Turn Off the TV

Stuff a sock with other socks. Shape it into a ball and tie the open end with a knot. Toss it back and forth to each other. Have your children drop or shoot their sock ball into an empty laundry basket for a game of basketball.

Strawberry Smoothie

2 cups strawberries
½ cup fat-free skim milk
1 cup peaches
1 cup low-fat plain yogurt
2 cups ice

1. Place all ingredients in a blender or food processor.
2. Cover and blend until smooth.

Nutrition Note: This recipe makes eight servings. Each serving has 40 calories, with no calories coming from fat, and 8 grams of carbohydrates.

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