Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 23 Number 4

Au Gratin Potatoes
Muffin Meat Loaf
Mexican Corn
Red-Hot Gelatin Salad
Quick Peach Cobbler

Au Gratin Potatoes

6 medium (3- to 4-inch) potatoes, peeled and sliced into ¼-inch slices
1 cup chopped onion
1½ cups low-fat shredded cheddar cheese
2 tablespoons margarine
4 tablespoons flour
1 teaspoon salt
Black pepper
2 cups fat-free skim milk

1. Preheat oven to 350 degrees. Spray a large baking dish with nonstick cooking spray.
2. Place a layer of potatoes in the pan, using approximately ¼ of the potatoes.
3. Top potato layer with ¼ cup chopped onion, ¼ of the cheese, ½ tablespoon margarine, 1 tablespoon flour, ¼ teaspoon salt, and a sprinkling of black pepper.
4. Repeat layers, making a total of four.
5. Meanwhile, heat milk over low heat. Pour warm milk over all ingredients.
6. Bake one hour.

Nutrition Note: This recipe makes eight servings. Each serving has 360 calories, with 22 percent of the calories coming from fat, and 57 grams of carbohydrates.

Eating Together

Have each family member answer the question "What is your favorite vegetable and why?" Then plan to serve each family member's favorite vegetable at a different meal during the month.

Muffin Meat Loaf

1 egg
½ cup fat-free skim milk
¾ cup oatmeal
1 pound lean ground beef
3 tablespoons chopped onion
½ teaspoon salt
½ cup low-fat shredded cheese (any variety)

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well. (Don't over mix; too much mixing can make a meatloaf tough)
3. Spray muffin cups with nonstick cooking spray. Spoon meat mixture into the cups.
4. Bake for one hour or until temperature in center of meat loaf is 160 degrees (using a thermometer).
5. Cool slightly before removing from muffin cups.

Nutrition Note: This recipe makes 12 muffin meat loaves. Each loaf has 115 calories, with 47 percent of the calories coming from fat, and 4.5 grams of carbohydrates.

Breastfeeding:

Breastfeeding is convenient. Breast milk is always available and always at the right temperature.

Mexican Corn (Serve as a side dish or with salad greens and your favorite dressing.)

6 cups fresh or frozen corn
⅓ cup sliced green onions
1 small green or red pepper, diced
2 tablespoons butter or margarine
1 tablespoon chili powder
1 tablespoon ground cumin
½ teaspoon salt

1. In a large saucepan, combine all ingredients.
2. Cover and cook over medium heat for 10 minutes or until vegetables are tender.

Nutrition Note: This recipe makes eight servings. Each serving has 160 calories, with 22 percent of the calories coming from fat, and 30 grams of carbohydrates.

Red-Hot Gelatin Salad (Colorful and wonderful cinnamon taste)

1 package sugar-free cherry gelatin
1½ cups boiling water, divided
¼ cup red-hot cinnamon candies
¼ cup plus 1½ teaspoons cold water
1 cup chopped green apple
1 cup chopped celery
½ cup chopped walnuts

1. In a small bowl, dissolve gelatin in 1 cup boiling water.
2. In another bowl, dissolve red-hot candies in remaining hot water. Strain if pieces remain.
3. Stir the two mixtures together; add the cold water. Refrigerate until slightly thickened (about one hour).
4. Fold in the chopped apple, celery and walnuts.
5. Pour into a large serving bowl. (A 4-cup mold coated with nonstick cooking spray also may be used.)
6. Refrigerate for two hours or until firm.

Nutrition Note: This recipe makes six servings. Each serving has 160 calories, with 38 percent of the calories coming from fat, and 7 grams of carbohydrates.

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Turn Off the TV

Teach "Simon Says" to your child. Say, "Simon Says touch your toes" or "Simon Says touch your knees." See how many parts of the body your child can name.

Quick Peach Cobbler

1 can (15 ounces) sliced peaches, packed in juice
1 egg
⅓ cup sugar
½ cup flour
½ teaspoon baking powder
¼ teaspoon salt
1 tablespoon margarine, softened

1. Preheat oven to 375 degrees.
2. Pour the peaches and their juice into a saucepan and heat until juice bubbles.
3. Slightly beat one egg. In a mixing bowl, mix the egg, sugar, flour, baking powder, salt and margarine.
4. Place the peaches into a baking dish. Drop spoonfuls of the flour mixture on top of the peaches.
5. Bake 30 to 40 minutes.

Nutrition Note: This recipe makes four servings. Each serving has 210 calories, with 19 percent of the calories coming from fat, and 42 grams of carbohydrates.

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