Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 23 Number 5

Chili Chicken Casserole
Mystery Bars
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Quick Skillet Lasagna

Chili-Chicken Casserole

4 ounces tortilla chips, slightly crushed (¼ of a large bag)
5 boneless, skinless chicken breast halves
1 small onion, diced
1 tablespoon oil
1 can (15 ounces) tomato sauce
1 can (15 ounces) whole kernel corn, drained
1 can (15 ounces) kidney beans, drained
2-3 tablespoons chili powder (to taste)
½ teaspoon black pepper
1 cup shredded low-fat mozzarella cheese
1 cup shredded low-fat cheddar cheese

1. Preheat oven to 350 degrees.
2. Place crushed chips in the bottom of a 9x13-inch baking pan. (Smaller families can use two 8x8-inch pans and freeze one casserole for use later.)
3. Cut the chicken breasts in 1-inch cubes. Cook with the onion in 1 tablespoon oil until the onion is tender and the chicken is cooked.
4. Stir in tomato sauce, corn, beans and spices. Pour this mixture over the chips.
5. Sprinkle the cheese over the sauce.
6. Bake 30 minutes or until heated through and cheese is melted.

Nutrition Note: This recipe makes eight servings. Each serving has 310 calories, with 32 percent of the calories coming from fat, and 27 grams of carbohydrates.

Eating Together

Have each family member answer the question "What animal would you like to be for a day and why?"

Mystery Bars

1 can (15 ounces) pork and beans
1 can (8 ounces) crushed pineapple, juice-packed
2 cups sugar
2 cups flour
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon baking powder
½ teaspoon salt
1 cup oil
4 eggs

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Bake in a jelly roll pan 25 minutes.
4. Cool. Frost with cream cheese frosting, if desired.

Nutrition Note: This recipe makes 30 bars. Each bar (unfrosted) has 170 calories, with 41 percent of the calories coming from fat, and 24 grams of carbohydrates.

Breastfeeding:

Breastfeeding has many benefits for moms. It decreases their risk of cancers such as ovarian and breast.

Spring Vegetable Sauté

1. Heat oil in a skillet. Cook the onion 2 minutes; add the garlic and

1 teaspoon olive oil
½ cup sliced sweet onion
1 garlic clove, finely chopped
3-4 new potatoes, quartered
¾ cup sliced carrots
¾ cup asparagus pieces
¾ cup sugar snap peas or green beans
½ cup quartered radishes
¼ teaspoon salt
¼ teaspoon black pepper
½ teaspoon dried dill

cook another minute.

2. Stir in the potatoes and carrots. Cover, turn heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add 1-2 tablespoons of water.
4. Add the asparagus, peas, radishes, salt, pepper and dill. Cook, stirring often, just until tender (about 4 minutes more).
5. Serve immediately.

Nutrition Note: This recipe makes four servings. Each serving has 80 calories, with 13 percent of the calories coming from fat, and 14 grams of carbohydrates.

Orange-Rhubarb Breakfast Bread

⅓ cup margarine, softened
1 cup sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon ground ginger
¼ teaspoon ground nutmeg
½ cup orange juice
1 cup chopped fresh or frozen rhubarb
½ cup slivered almonds
2 teaspoons grated orange peel

1. In a large mixing bowl, cream margarine and sugar.
2. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
3. Combine the flour, baking powder, baking soda, salt, ginger and nutmeg in a bowl; add to the creamed mixture, alternating with the orange juice.
4. Fold in the rhubarb, almonds and orange peel.
5. Pour into a greased 9x5x3-inch loaf pan.
6. Bake at 350 degrees for 65 to 70 minutes or until toothpick inserted in the center comes out clean.
7. Cool 10 minutes before removing from the pan to a wire rack.

Nutrition Note: This recipe makes 16 servings. Each serving has 170 calories, with 35 percent of the calories coming from fat, and 27 grams of carbohydrates.

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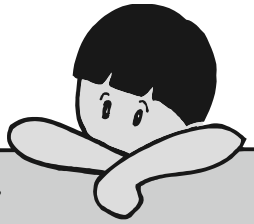

Turn Off the TV

Enjoy the spring weather by taking a "listening" walk with your family. Have your child close his eyes and tell you what he hears. Name the sounds: birds chirping, dogs barking, horns blowing. Talk with your child about these sounds.

Quick Skillet Lasagna

½ cup chopped onion
½ pound lean ground beef
1 can (14.5 ounces) tomatoes
1 can (6 ounces) tomato paste
1 tablespoon fresh parsley (optional)
1½ cups water
1 teaspoon garlic powder (optional)
2 cups cooked egg noodles
¾ cup low-fat cottage cheese
¼ cup parmesan cheese

1. Cook ground beef and onion in a frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the pan.
6. Cover and heat over low heat about 5 minutes.

Nutrition Note: This recipe makes seven servings. Each serving has 200 calories, with 25 percent of the calories coming from fat, and 23 grams of carbohydrates.

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