Pick-WIC Paper

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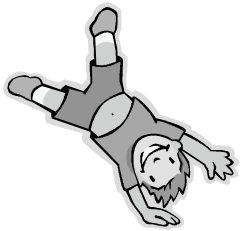
Rhubarb Upside Down Cake
Juneberry Pie
Pepperoni and Cheese Dip
Creamy Sourdough Snack
Coffee Shake

Rhubarb Upside Down Cake

Crust Layer: ¾ cup packed brown sugar
¼ cup margarine, melted
3 cups diced fresh or frozen rhubarb
2 tablespoons sugar

Batter: ½ cup margarine, softened
1 cup sugar
2 eggs, separated
1 teaspoon vanilla
1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup low-fat or fat free-milk
¼ teaspoon cream of tartar



1. To make the crust layer, combine brown sugar and margarine in a small bowl. Spread into a greased 9-inch round baking pan.
2. Layer with rhubarb; sprinkle with sugar. Set aside.
3. To make the batter, cream the margarine and sugar in a large mixing bowl. Beat in egg yolks and vanilla.
4. Combine the flour, baking powder, and salt; add to the creamed mixture alternating with the milk.
5. In a small mixing bowl, beat egg whites and cream of tartar on medium speed until stiff peaks form. Gradually fold into creamed mixture, about ½ cup at a time. Spoon over rhubarb.
6. Bake at 325 degrees for 40 to 45 minutes or until cake springs back when lightly touched. Cool 10 minutes. Serve with whipped topping

Nutrition Note: This recipe makes 12 servings. Each serving has 310 calories, with 35 percent of the calories coming from fat, and 47 grams of carbohydrates.

Eating Together

Have each family member answer the question, "If you could have a super power, would you rather fly or be invisible? Why?"

Juneberry Pie

Pie crust (for a two-crust pie)
4 cups Juneberries, washed
2 tablespoons lemon juice
½ cup sugar
¼ teaspoon nutmeg
Sugar for sprinkling

1. Place one crust on the bottom of a pie plate.
2. Mix all ingredients together gently in a medium-size bowl.
3. Spoon on top of crust.
4. Top with second pie crust, fold edges over and seal with a fork.
5. Sprinkle the top with sugar.
6. Bake at 450 degrees for 15 minutes; then at 350 degrees for 25 minutes more.
7. Serve warm with low-fat ice cream, if desired.

Note: Be sure to freeze Juneberries when they are in season to enjoy in the winter. Blueberries can be substituted for Juneberries.

Nutrition Note: This recipe makes eight servings. Each serving has 330 calories, with 39 percent of the calories coming from fat, and 47 grams of carbohydrates.

Breastfeeding: Breastfeeding saves time and money. You don't have to purchase, measure and mix formula. There are no bottles to make in the middle of the night!

Pepperoni and Cheese Dip

½ cup shredded low-fat mozzarella cheese
½ cup part-skim ricotta cheese
½ cup fat-free sour cream
⅓ cup finely chopped tomato
3 tablespoons finely chopped turkey pepperoni
1 small clove garlic, finely chopped, or 1 teaspoon garlic powder
1 teaspoon Italian seasoning
⅛ teaspoon salt
2 tablespoons chopped green onion

1. In a medium microwave-safe bowl, mix together cheeses, sour cream, tomato, pepperoni, garlic, Italian seasoning and salt.
2. Cover and cook on medium power for 3 to 5 minutes, stirring every 2 minutes, until hot.
3. Place mixture into a serving bowl and sprinkle with green onions. Serve warm with raw veggies, crackers, breadsticks or low-fat tortilla chips.

Nutrition Note: This recipe makes six servings. Each serving has 230 calories, with 39 percent of the calories coming from fat, and 8 grams of carbohydrates.

Creamy Sourdough Snack

1½ cups fat-free sour cream
6 ounces low-fat cream cheese, softened
½ cup chopped green onion
1 teaspoon Worcestershire sauce
2 cups (8 ounces) shredded low-fat cheddar cheese
8 slices thin deli ham (cut into small pieces)
1 round loaf (1 pound) sourdough bread

1. In a saucepan, combine sour cream, cream cheese, onions and Worcestershire sauce; cook and stir over low heat until blended. (The microwave can also be used. Cook on medium power using a microwave-safe bowl.)
2. Add cheddar cheese and ham; cook and stir until cheese is melted and ham is heated through.
3. Cut off top of sourdough dough bread loaf; carefully hollow out top and bottom, leaving a ½-inch shell. Cut the removed bread into cubes. (Sliced bread can also be used. Cut thin slices of bread and serve the dip by spreading a small amount on each slice.)
4. Pour dip into shell; sprinkle with parsley if desired.
5. Serve with bread cubes.

Nutrition Note: This recipe makes seven servings. Each serving (including the bread) has 360 calories, with 22 percent of the calories coming from fat, and 44 grams of carbohydrates.

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Special Supplemental Nutrition Program
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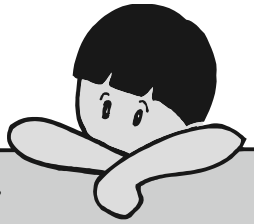
North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Make up a song! Using the tune, "Head, Shoulders, Knees and Toes," or "London Bridge," change the words to "Milk and cheese make my bones strong, my bones strong, my bones strong. Milk and cheese make my bones strong, my bones strong!" Add verses, like "Milk and cheese make my legs strong," and "Milk and cheese make my arms strong." As you and your child sing, point to the body part in that verse.

Coffee Shake

2 cups light ice cream
2-3 teaspoons instant decaf coffee granules
½ cup low-fat or fat-free milk
3 tablespoons chocolate syrup

1. Mix all ingredients in a blender until smooth.
2. Note: A banana can also be added for a different taste.

Nutrition Note: This recipe makes two servings. Each serving has 320 calories, with 19 percent of the calories coming from fat, and 56 grams of carbohydrates.

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