Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 23 Number 7

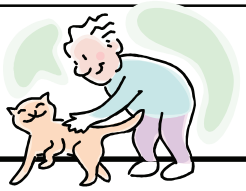
Cheese-Stuffed Potatoes
Citrus Vegetables
Fruit Salsa
Baked Chicken Nuggets
Pineapple Orange Frozen Yogurt

Cheese-Stuffed Potatoes

4 large baking potatoes, washed
1 cup low-fat cottage cheese
2 tablespoons low-fat or fat-free milk
2 tablespoons chopped onion
¼ teaspoon paprika

1. Preheat oven to 400 degrees.
2. Poke holes in the potatoes with a fork and place them in the in the oven. Bake 30 to 40 minutes until tender.
3. Slice each potato in half lengthwise.
4. Use a spoon to scoop out the inside of each potato. Leave about ½ inch of potato next to the skin. Save the inside part of each potato in a small bowl.
5. Put the cheese, milk and onion in another small bowl. Add the insides of the potatoes. Mix until light and fluffy.
6. Divide this mixture into 8 parts. Put part of the mix inside each potato.
7. Sprinkle paprika over the potatoes.
8. Return to the oven 5 minutes to reheat.

Nutrition Note: This recipe makes four servings (two potato halves). Each serving has 90 calories, with 6 percent of the calories coming from fat, and 10 grams of carbohydrates.



Eating Together

Have each family member answer the question, "What made you smile today?"

Citrus Vegetables

2 tablespoons lime juice
½ tablespoon olive, canola or vegetable oil
½ teaspoon chopped oregano
4 cups sliced mixed vegetables such as zucchini, corn and tomatoes

1. Steam vegetables using a small amount of water in a saucepan on the stove, or in a microwave-safe bowl in the microwave.
2. Drain and allow the vegetables to cool.
3. Mix lime juice with the oil. Add oregano and combine.
4. Pour lime juice mixture over cooled vegetables and mix well.

Nutrition Note: This recipe makes four servings. Each serving has 140 calories, with 13 percent of the calories coming from fat, and 24 grams of carbohydrates.

Breastfeeding:

Breast milk provides all the nutrients for good growth and development. Breastfed infants grow exactly the way they should. They have less chance of being overweight as a child and as an adult.

Fruit Salsa

1 cup diced strawberries
1 diced banana
1 peeled and diced kiwi
1 diced apple
2 tablespoons lemon juice
¼ cup sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon

1. Combine fruits in a medium mixing bowl. Add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

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

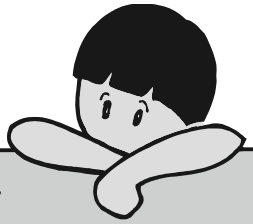
Baked Chicken Nuggets

1½ pounds chicken breasts or thighs, boneless, skinless
1 cup cornflake crumbs
½ teaspoon Italian herb seasoning
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 teaspoon paprika

1. Preheat oven to 400 degrees. Lightly grease a baking sheet.
2. Cut chicken into bite-sized pieces.
3. Place cornflakes in a plastic bag and crush with a rolling pin.
4. Add remaining ingredients to crushed cornflakes. Close the bag tightly and shake until blended.
5. Add a few chicken pieces at a time to the crumb mixture. Shake to coat evenly.
6. Place the chicken pieces on the baking sheet so they are not touching.
7. Bake until golden brown, about 12 to 14 minutes.

Nutrition Note: This recipe makes four servings. Each serving has 230 calories, with 27 percent of the calories coming from fat, and 7 grams of carbohydrates.

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

Play water limbo. Use a water hose or sprinkler outside. Hold the hose so that it is about the same height as the children. Tell each child to take a turn trying to go under the stream without getting wet. When everyone has had a turn, lower the stream and try again.

Pineapple Orange Frozen Yogurt

1 cup nonfat vanilla yogurt
½ cup orange juice
1 cup pineapple chunks, fresh or canned (juice packed)

1. Place yogurt and fruit in a large plastic bag. Flatten and freeze overnight.
2. Combine fruit, yogurt and juice in a food processor or blender. Blend until smooth.
3. Serve immediately or place back in the freezer to harden until ready to serve, up to one hour, stirring occasionally. Stir before serving.

Nutrition Note: This recipe makes three servings. Each serving has 130 calories, with 4 percent of the calories coming from fat, and 28 grams of carbohydrates.

LOCAL BULLETIN BOARD