Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 1

Easy Meatloaf
Cornbread Muffins
Mandarin Orange Fluff
Sweet/White Potato Casserole
Lentil Chili

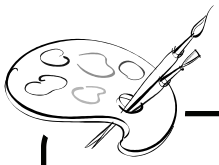
Easy Meatloaf

¾ cup crushed seasoned croutons
⅓ cup oatmeal
1 tablespoon dry onion soup mix
4 tablespoons ketchup, divided
½ teaspoon pepper
½ teaspoon salt
2 eggs
2 pounds lean ground beef

1. Preheat oven to 350 degrees.
2. Mix together croutons, oatmeal, dry soup mix, 2 tablespoons ketchup, pepper, salt and eggs.
3. Add the ground beef and mix well.
4. Coat a 9x5-inch loaf pan with nonstick cooking spray and place the meatloaf in the pan.
5. Spread the top with 2 tablespoons of ketchup.
6. Bake for 1 hour.

Menu suggestion: Meatloaf, baked potato, green beans, pudding

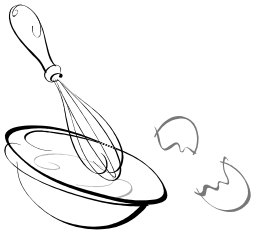
Nutrition Note: This recipe makes 10 servings. Each serving has 220 calories, with 45 percent of the calories coming from fat, and 8 grams of carbohydrates.



Eating Together

Have each family member answer the question, "What is one color you can see in our meal?" Try to come up with all the different colors in your meal.

Cornbread Muffins



1 cup yellow cornmeal
1 cup flour
1 tablespoon baking powder
½ cup sugar
1 teaspoon salt
1 cup reduced-fat (2%) milk
2 eggs
¼ cup butter, melted
¼ cup honey

1. Preheat oven to 400 degrees.
2. In a large bowl, mix cornmeal, flour, baking powder, sugar and salt.
3. In another bowl, whisk together the milk, eggs, butter and honey.
4. Add the liquid ingredients to the dry ingredients and stir just until mixed. (Do not over mix.)
5. Place muffin liners in a 12-cup muffin tin and evenly divide the cornbread mixture. (Can also be placed in a 9x9-inch pan).
6. Bake for 15 minutes, until golden brown.

Menu suggestion: Barbeque chicken, baked beans, cornbread muffins, baked apple

Nutrition Note: This recipe makes 12 servings. Each serving has 200 calories, with 25 percent of the calories coming from fat, and 34 grams of carbohydrates.

Breastfeeding:

"While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby."
~Amy Spangler

Mandarin Orange Fluff

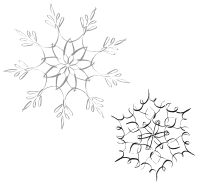
2 cups light whipped topping
1 container (6 ounces) light orange crème yogurt
1 can (15 ounces) mandarin oranges, drained

1. In a serving bowl, combine whipped topping and yogurt.
2. Stir in the mandarin oranges and mix well.
3. Can also add banana slices or pineapple chunks for more fruit.

Menu suggestion: Sandwich, mandarin orange fluff, raw vegetables (carrots, celery, cucumbers, cauliflower)

Nutrition Note: This recipe makes 6 servings. Each serving has 110 calories, with 23 percent of the calories coming from fat, and 20 grams of carbohydrates.

Sweet/White Potato Casserole

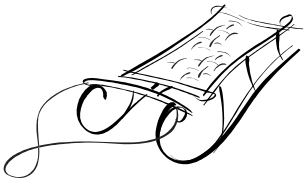


2 sweet potatoes
3 white potatoes
3 tablespoons butter
Salt and pepper

1. Preheat oven to 350 degrees.
2. Wash and peel the sweet and white potatoes. Cut into chunks and mix together. Place in a casserole dish.
3. Dot the potatoes with butter and sprinkle with a small amount of salt and pepper.
4. Cover and bake for 45-50 minutes.

Menu suggestion: Pork chops, sweet/white potato casserole, steamed broccoli, applesauce

Nutrition Note: This recipe makes 6 servings. Each serving has 160 calories, with 31 percent of the calories coming from fat, and 26 grams of carbohydrates.



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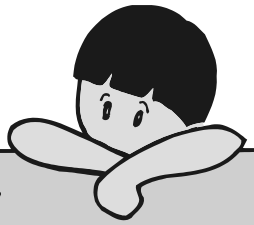
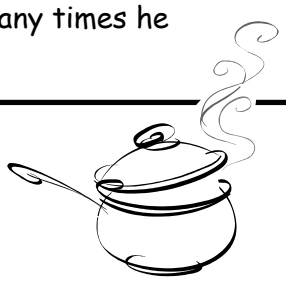


Turn Off the TV

Toss Scarves for Fun. Throw a scarf in the air and tell your child to catch it on his nose. Then try toes, knees and elbows. Count how many times he can catch it.



Lentil Chili

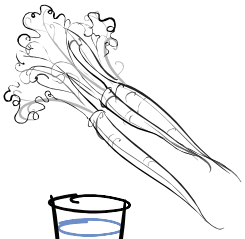
1 cup lentils, rinsed
5 cups water
1 can (6 ounces) tomato paste
1 tablespoon chili powder
1 tablespoon onion flakes or ½ cup chopped onion
1 teaspoon oregano
1 teaspoon salt
1 garlic clove or ½ teaspoon garlic powder
1 teaspoon cumin (optional)

1. In a large pot, simmer lentils in water for about 30 minutes.
2. Add the rest of the ingredients.
3. Simmer another 30 minutes.

Menu suggestion: Lentil chili, whole wheat buns, lettuce salad, canned peaches

Nutrition Note: This recipe makes 6 servings. Each serving has 151 calories, with 3 percent of the calories coming from fat, and 28 grams of carbohydrates.

GROW HAPPY FAMILIES



Eating Together – Playing Together

It's All About Balance: Eat Smart.

Build your healthy eating style on a foundation of balanced meals. Any smart meal starts with healthy servings of colorful fruits and vegetables, adds the goodness of whole grains, and includes the power of protein. Smart eating deserves better beverages—so drink milk with your meals and water with snacks.

Thanks to "Eat Right Montana" for use of their nutrition education materials to develop this month's tip.