Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 3

Homemade Pizza
Oven French Fries
Baked Chicken Nuggets
Fruit Parfait
Taco Soup

Homemade Pizza

2½-3 cups flour
1 package yeast
1 teaspoon salt
1 cup very warm water (125-130 degrees)
2 tablespoons olive oil

1. Preheat oven to 400 degrees. Lightly spray a baking sheet with cooking spray.
2. In medium-size bowl, combine 1½ cups flour, yeast and salt.
3. Pour water and olive oil into the dry ingredients and mix.
4. Add remaining flour, ½ cup at a time, to make a soft dough.
5. Cover and let rest for 10-15 minutes.
6. Place dough on the baking sheet and pat to cover the entire sheet.
7. Bake for 8 minutes.
8. Remove from oven and top with 1 cup pizza sauce (or amount to your taste).
9. Top with your favorite cheese (8 ounces, reduced-fat preferred), meats and vegetables.
10. Bake for an additional 12-15 minutes or until crust is golden brown and cheese is bubbly.

Nutrition Note: This recipe makes 12 servings (4x4-inch piece). Each cheese pizza serving has 170 calories, 5 grams of fat, and 23 grams of carbohydrates. Adding additional toppings will increase the calories, with meats adding more calories than vegetables.

Eating Together

Have each family member answer the question "What is your favorite time of the day?"

Oven French Fries

4 medium potatoes
2 teaspoons vegetable oil
2 teaspoons vinegar
¼ teaspoon salt

1. Preheat oven to 425°. Lightly spray a baking sheet with cooking spray.
2. Wash and peel potatoes. Cut into strips and place into a bowl with a lid.
3. Mix oil and vinegar together and pour over potatoes. Shake the bowl well to coat the potatoes.
4. Place coated potatoes on the baking sheet and sprinkle with salt.
5. Bake for 30-35 minutes. Flip them over after 15 minutes.
6. For crispier fries, broil for a few minutes before serving.

Nutrition Note: This recipe makes 6 servings. Each serving has 120 calories, 1.5 grams of fat, and 24 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "It was my first child and I wanted to give her the best. It has turned out to be very satisfying for both of us."

~Cayla, WIC Breastfeeding Mom from Dickinson, ND

Baked Chicken Nuggets

1½ pounds chicken thighs or breasts
3 cups cornflakes (crushed to make 1 cup cornflake crumbs)
1 teaspoon paprika
½ teaspoon Italian seasoning
¼ teaspoon garlic powder
¼ teaspoon onion powder

1. Preheat oven to 400 degrees. Lightly spray a baking sheet with cooking spray.
2. Remove skin and bones from the chicken. (Boneless, skinless chicken breasts may also be used.) Cut into bite-size pieces.
3. Place cornflakes in a plastic bag and crush with a rolling pin or can.
4. Add spices and seasonings to cereal crumbs; close bag and shake until blended.
5. Dip chicken pieces in small amount of milk and put a few chicken pieces at a time into the bag and shake to coat evenly.
6. Place on the baking sheet; make sure the pieces are not touching.
7. Bake until golden brown, about 12 to 14 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 190 calories, 3.5 grams of fat, and 14 grams of carbohydrates.

Fruit Parfait

1 apple, chopped
1 banana, sliced
1 orange, peeled and sliced or 1 can (11 ounces) mandarin oranges
1 can (8 ounces) pineapple chunks, juice-packed
1½ cups non-fat vanilla yogurt
¾ cup granola or Grape Nuts cereal

1. Mix all the fruit together in a bowl. Divide fruit mixture into six small bowls (for individual servings).
2. Top with yogurt and granola.

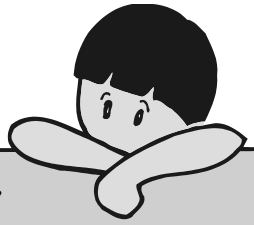
Nutrition Note: This recipe makes 6 servings. Each serving has 150 calories, 1.5 grams of fat, and 31 grams of carbohydrates.

Taco Soup

1½ pounds lean ground beef
1 onion, chopped
1 can (15 ounces) mild chili beans, undrained
1 can (14.5 ounces) diced tomatoes, undrained
1 can (15.25 ounces) corn, undrained
1 can (8 ounces) tomato sauce
1 package taco seasoning mix
1½ cups water
1½ cups reduced-fat cheddar cheese, shredded

1. Brown meat with onions in a large saucepan; drain and rinse excess fat.
2. In a soup kettle, add the browned ground beef and all remaining ingredients except cheese; stir.
3. Bring to a boil. Reduce heat to medium-low and simmer 5 minutes. Stir occasionally.
4. Serve topped with cheese.

Nutrition Note: This recipe makes 8 servings. Each serving has 260 calories, 8 grams of fat, and 26 grams of carbohydrates.



Turn Off the TV

Beanbag Balance – Place a beanbag or a small, soft toy on your child's head. Invite her to walk from one point in the room to another without dropping the beanbag. If she has to, she can hold on to it at first. Ask her to balance the beanbag as she walks both slowly and quickly, in different directions (forward, backward, or sideways), and in different pathways (straight, curvy, and zigzag).

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GROW HAPPY FAMILIES

Fast Food Tips

Think about some of these tips to help make better choices when eating out.

Think Small: small hamburgers, fries, drinks
Think White: milk instead of pop
Think Light: low-calorie rather than regular salad dressing
Think Ahead: order sandwiches without mayonnaise
Think Smart: order foods grilled instead of fried
Think Low-fat: order veggie instead of meat pizza

Thanks to Massachusetts WIC (Touching Hearts, Touching Minds) for use of their nutrition education materials to develop this month's tip.