Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 4

Hearty Ham Supper
Extra Good Mashed Potatoes
Spinach Strawberry Salad
Strawberry Pie
Fruit and Rice Pudding

Hearty Ham Supper

3 cups diced ham
1 can (15.25 ounces) corn, drained
3 large cooked potatoes, diced
¼ cup minced parsley
1 tablespoon chopped onion
¼ teaspoon paprika

Sauce:
¼ cup butter
¼ cup flour
2 cups low-fat or fat-free milk
½ of a 10.5-ounce can fat-free cream of celery soup
¾ cup shredded American cheese

1. Preheat oven to 350 degrees.
2. Mix ham, corn, potatoes, parsley, onion and paprika together; place in a 9x13-inch pan.
3. To make the sauce, melt butter in a saucepan on the stove. Stir in flour. Add milk, soup and cheese; mix well and heat thoroughly.
4. Pour the sauce over the ham/vegetable mixture.
5. Bake for 45 minutes.

Nutrition Note: This recipe makes 12 servings. Each serving has 240 calories, 13 grams of fat, and 19 grams of carbohydrates.

Eating Together

Have each family member answer the question "What is the best thing that happened to you today?"

Extra Good Mashed Potatoes

5 pounds potatoes, peeled, cooked and mashed
1 package (8 ounces) low-fat cream cheese, softened
1½ cups fat-free sour cream
3 teaspoons onion or garlic powder
1½ teaspoons salt
½ teaspoon pepper
2 tablespoons butter, melted

1. In a large bowl, combine all the ingredients. Place into a slow cooker.
2. Cover and cook on low for 5-6 hours.

Note: These potatoes can be prepared 3-4 days in advance and kept in the refrigerator until the day of use. Then place in slow cooker and cook for 5-6 hours.

Nutrition Note: This recipe makes 20 servings. Each serving has 150 calories, 3.5 grams of fat, and 27 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I wanted to give my baby the best from the start."
~WIC Breastfeeding Mom from the Turtle Mountain Band of Chippewa

Spinach Strawberry Salad

6 cups spinach leaves, washed and dried
1½ cups sliced fresh strawberries
½ cup slivered almonds, toasted

Dressing:
¼ cup rice wine vinegar
¼ cup apple jelly
Pinch cinnamon
Pinch cloves

1. Toss spinach and strawberries in large salad bowl.
2. Make dressing by combining vinegar, jelly, cinnamon and cloves.
3. Just before serving, drizzle spinach mixture with dressing and toss.
4. Garnish with almonds.

Nutrition Note: This recipe makes 8 servings. Each serving has 90 calories, 3.5 grams of fat, and 14 grams of carbohydrates.

Strawberry Pie

1 package (3 ounces) strawberry gelatin
1 package (3 ounces) vanilla pudding (not instant)
1¼ cup water
1½ pounds fresh strawberries
8- or 9-inch pie crust (regular or graham cracker)

1. Mix gelatin, pudding and water in a saucepan. Bring to a boil.
2. Wash strawberries and remove the stems.
3. Place strawberries (whole) in the pie crust. Pour sauce over strawberries.
4. Refrigerate at least 1 hour before serving.

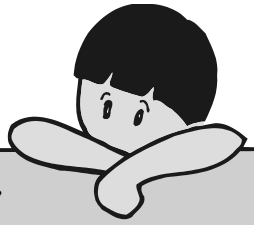
Nutrition Note: This recipe makes 8 servings. Each serving has 180 calories, 5 grams of fat, and 32 grams of carbohydrates.

Fruit and Rice Pudding

1 can (8 ounces) pineapple chunks, juice-packed
1 can (11 ounces) mandarin oranges
1 package (3.4 ounces) instant vanilla or pistachio pudding
½ cup sliced seedless grapes
¾ cup cold cooked rice (white or brown)

1. Drain the pineapple and oranges. Save the liquid.
2. Mix this liquid with enough orange or apple juice to make 1½ cups liquid.
3. Mix this liquid into the instant pudding.
4. Stir in the fruit and rice.
5. Refrigerate until chilled.

Nutrition Note: This recipe makes 6 servings. Each serving has 150 calories, 0 grams of fat, and 37 grams of carbohydrates.



Turn Off the TV

Play "Hokey Pokey." Sing the "Hokey Pokey" song and add movements to it. For example, "You put your right hand in, you put your right hand out. You put your right hand in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about." Continue with the left hand and move to work with the feet, legs, hips, and so on.

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GROW HAPPY FAMILIES

Slow Down and Enjoy Your Family Meals

Give your family meals the time and attention they deserve. Wherever you are eating, allow plenty of time to enjoy the meal with your family. Turn the TV off to have some time to just be together and talk.

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