Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 6

Cheeseburger Macaroni Casserole
Cottage Cheese Fruit Salad
Cinnamon Swirl Yogurt French Toast
Whole Wheat Blueberry Muffins
Orange Julius

Cheeseburger Macaroni Casserole

1 pound lean ground beef
½ cup chopped onion
1½ cups elbow macaroni
1 medium tomato, chopped
1 can (8 ounces) tomato sauce
½ teaspoon seasoned salt
¼ teaspoon black pepper
1 cup shredded reduced-fat cheddar cheese

1. Preheat oven to 350 degrees. Spray an 8x8-inch baking pan with nonstick cooking spray; set aside.
2. In a large skillet over medium heat, cook ground beef and onion until beef is browned and onion is soft; drain and rinse excess fat.
3. Cook macaroni according to package directions; drain. Spoon the macaroni into the prepared pan.
4. Spread beef mixture and chopped tomato over macaroni. Pour tomato sauce over beef. Sprinkle with seasoned salt, pepper, and shredded cheese.
5. Cover loosely with foil and bake for 35 minutes or until cheese is melted and edges of casserole are bubbling.

Nutrition Note: This recipe makes 5 servings. Each serving has 340 calories, 11 grams of fat, and 29 grams of carbohydrates.

** Recipe adapted from the Midwest Dairy Association*

Eating Together

Have each family member answer the question "What is the best-tasting food you have ever eaten?"

Cottage Cheese Fruit Salad

1 package (3 ounces) lime gelatin
1 container (22 ounces) low-fat cottage cheese
2 cans (8 ounces) pineapple tidbits, juice-packed, well drained
1 container (8 ounces) light frozen whipped topping, thawed

1. In a bowl, mix dry gelatin mix and cottage cheese together.
2. Add pineapple; mix. Stir in whipped topping.
3. Other fruit and gelatin combinations include orange gelatin and mandarin oranges or strawberry gelatin and bananas in place of the lime gelatin and pineapple.

Nutrition Note: This recipe makes 10 servings. Each serving has 150 calories, 3 grams of fat, and 24 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "Breastfeeding really burns calories. It's like having your own personal physical activity program." ~ Courtney, WIC Breastfeeding Mom from Grand Forks, ND

Cinnamon Swirl Yogurt French Toast

Topping:
16 ounces fat-free plain yogurt
5 tablespoons maple syrup
2 cups coarsely-chopped fresh fruit such as grapes, strawberries, oranges, blueberries, peaches

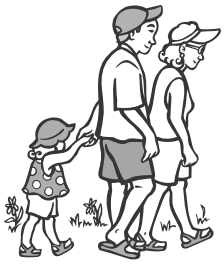
French Toast:
2 whole eggs
4 egg whites
1 cup low fat or fat free milk
½ teaspoon cinnamon
8 pieces cinnamon swirl bread

1. Combine the yogurt and syrup in a small mixing bowl. Refrigerate.
2. In a medium bowl, beat together eggs, milk and cinnamon.
3. Preheat a nonstick skillet over medium heat and lightly coat with nonstick cooking spray.
4. Dip each piece of bread into the egg mixture and coat thoroughly. Place in the skillet and cook for about 2 minutes on each side.
5. To serve, top with fruit, then the yogurt mixture.

Nutrition Note: This recipe makes 4 servings. Each serving has 400 calories, 8 grams of fat, and 67 grams of carbohydrates.

** Recipe source: www.3aday.org*

Whole Wheat Blueberry Muffins



Topping:
- 2 tablespoons packed brown sugar
- ¼ teaspoon ground cinnamon

Muffins:
- ¾ cup low-fat or fat-free milk
- ¼ cup oil
- ¼ cup honey
- 1 egg
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup blueberries—fresh or frozen (do not thaw frozen blueberries)

1. Heat oven to 400 degrees. Spray 12 regular-size muffin cups with nonstick cooking spray, or place paper baking cups in each muffin cup.
2. In a small bowl, stir together topping ingredients; set aside.
3. In a large bowl, mix together milk, oil, honey and egg with a spoon until well blended.
4. Stir in flours, baking powder and salt, just until dry ingredients are moistened (batter will be lumpy). Gently fold in blueberries.
5. Divide batter evenly among muffin cups (cups will be full). Sprinkle with topping.
6. Bake 18 to 20 minutes or until a toothpick inserted in center comes out clean and muffins are golden brown. Remove from pan immediately onto a wire rack.

Nutrition Note: This recipe makes 12 muffins. Each muffin has 160 calories, 5 grams of fat, and 26 grams of carbohydrates.

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Division of Nutrition and Physical Activity
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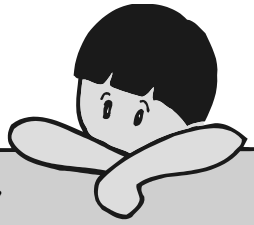


Turn Off the TV

Take a nature walk and look at the things around you—birds singing, the grass growing, and the wonderful colors in the blooming flowers. Talk about the different colors, shapes, smells and feel of all the things in nature. Take a bag to collect some of nature's treasures.

Orange Julius

- 6 ounces frozen orange juice concentrate (½ of a 12 ounce can)
- 1 teaspoon vanilla
- ¼ cup sugar
- 1 cup low-fat or fat-free milk
- 1 cup water
- 10 ice cubes

1. Combine all ingredients, except ice cubes, in a blender.
2. Add ice cubes gradually, cover, and blend until all ice cubes are crushed and the mixture is slushy.

Nutrition Note: This recipe makes 5 servings. Each serving has 130 calories, 0 grams of fat, and 29 grams of carbohydrates.

GROW HAPPY FAMILIES

Low-fat milk is a healthy choice for you and your family.

All types of milk have:
- Calcium and vitamin D for strong teeth and bones
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure

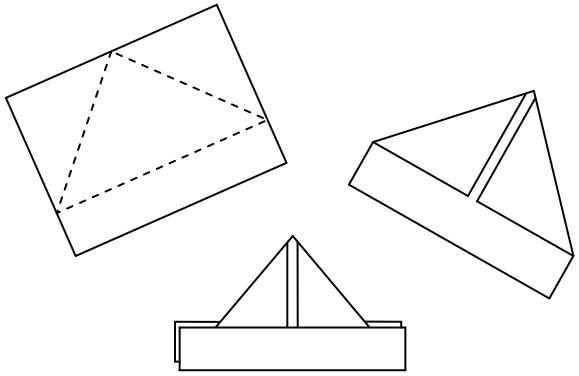
For the most nutrients with the least fat and calories, go for fat-free (skim) or low-fat (1%).

Thanks to the National Dairy Council for use of their nutrition education materials to develop this month's tip.

Kid's Page – Kid's Page – Kid's Page

Parade or Sailor Hats

1. Take a piece of newspaper (12-inch by 18-inch sheet) and fold it in half to make a 12-inch by 9-inch piece.
2. With the folded edge away from you, take the upper corners and fold them to the center.
3. Fold the bottom edges up, one on each side.



Ready-to-Go Picnic Kit

1. Fill one compartment of a sectioned basket or canvas bag with a waterproof tablecloth (which doubles as seating on damp ground), plastic utensils, paper or plastic cups and plates, a sharp knife, a bottle opener, some dishtowels (to wipe up spills), and a trash bag.
2. Stock another compartment with nonperishable foods: granola bars, dried fruit, peanut butter and juice boxes.
3. Add a zip-top bag with sunscreen, insect repellent, bandages and wet wipes.
4. Slip in some fun stuff: a single-use camera, bottles of bubble mix, shovels and scoops, a magnifying glass and bug collecting jar, some colored pencils and sketch pads, and a book or two.
5. Keep your picnic kit handy. When the weather is nice, toss in some sandwiches and fruit—and you're ready to go.

Cool Shakes

2 cups low-fat or fat-free milk
1 package (3 ounces) gelatin, any flavor
2 cups vanilla ice cream (light or regular)

1. Combine all ingredients in a blender.
2. Cover and blend for 30 seconds or until smooth.
3. Pour into glasses and serve.