

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2009

Tarragon Green Beans

Sweet and Tangy Chicken Legs

Roasted Vegetables

Fruit Pizza

Glazed Carrots and Sugar Snap Peas

Sweet and Tangy Chicken Legs

4 chicken leg quarters, skinned
½ teaspoon garlic powder
½ cup unsweetened applesauce
3 teaspoons vinegar
4 tablespoons low-sodium soy sauce

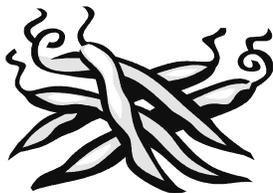
1. Preheat oven to 350 degrees.
2. Coat a baking dish with cooking spray. Place chicken legs in dish.
3. Mix remaining ingredients together in a small bowl and coat chicken legs with the mixture.
4. Cover dish with aluminum foil and bake for 45 minutes, until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.

Nutrition Note: This recipe makes 4 servings. Each serving has 180 calories, 5 grams of fat, and 5 grams of carbohydrates.

* Recipe Source: *Nutrition in the Kitchen (2nd Edition)*, Healthy Weight Program, The Children's Hospital of Philadelphia

Tarragon Green Beans

4 cups fresh or frozen green beans
½ cup water
½ cup chopped onion
½ cup chopped green pepper
1 cup chopped celery
2 tablespoons margarine
¼ teaspoon crushed tarragon
¼ teaspoon lemon pepper
Pepper to taste



1. Combine beans and water. Cover and simmer until beans are tender, about 15 minutes.
2. In a saucepan, sauté onions, green pepper and celery in margarine until tender.
3. Add tarragon, lemon pepper, and pepper to onion mixture.
4. Drain beans and combine with onion mixture.

Note: If canned green beans are desired, use two cans of drained beans.

Nutrition Note: This recipe makes 8 servings. Each serving has 50 calories, 3 grams of fat, and 6 grams of carbohydrates.

Eating Together

Have each family member answer the question "What is your favorite vegetable and why?"



Breastfeeding:

Why breastfeed? "Healthier for baby and cheaper for parents."

~ Tina, WIC Breastfeeding Mom from Nome, ND



Roasted Vegetables

1 cup fresh green beans
½ cup onion, cut into chunks
½ pepper (green, yellow, red or orange), cut into chunks
1 small zucchini, cut into 1-inch chunks
1 cup carrots, cut into 1-inch chunks
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon pepper



1. Preheat oven to 400 degrees.
2. Put all ingredients into a plastic zipper bag and gently shake to coat veggies.
3. Place in a 9x13-inch cake pan.
4. Roast in oven for 20-25 minutes. Stir once during cooking.

Nutrition Note: This recipe makes 4 servings. Each serving has 70 calories, 3.5 grams of fat, and 8 grams of carbohydrates.

Fruit Pizza

Crust - 1 package (16.5 ounces) refrigerated sugar cookie dough

Filling

1 package (8 ounces) fat free or light cream cheese
½ cup sugar
1 teaspoon vanilla

Fresh fruit - whatever kind your family likes,
washed and cut up

Glaze

½ cup sugar
2 tablespoons cornstarch
¼ cup lemon juice
½ cup orange juice
¼ cup water
Or use 1 pint strawberry glaze

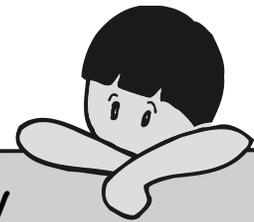


1. Spread the cookie dough on a pizza pan and bake according to the package directions.
2. In a small bowl combine cream cheese, sugar and vanilla. Mix well. Spread cream cheese mixture on the cooled crust.
3. Top with a variety of fruits your family likes.
4. Make the glaze by mixing sugar and cornstarch in a saucepan. Add lemon juice, orange juice and water. Cook, stirring constantly, until thick and clear. Pour over fruit. If you are using strawberry glaze from the store, spread it over the fruit.
5. Chill in the refrigerator.

Nutrition Note: This recipe makes 12 servings. Each serving has 300 calories, 9 grams of fat, and 52 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
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Turn Off the TV

Score! Make a goal with 2 water-filled jugs placed 3 feet apart. Give your child a ball and have her score a goal by kicking the ball between the goalposts.

Glazed Carrots and Sugar Snap Peas

1 package (16 ounces) fresh baby carrots
1 pound fresh sugar snap peas, trimmed
1 teaspoon cornstarch
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup reduced-sodium chicken broth
2 teaspoons butter, melted

1. Place 1 inch of water in a large saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer for 5 to 8 minutes.
2. Stir in peas; cover and cook 2 minutes longer. Drain. Place vegetables back into the saucepan.
3. In a small bowl, whisk the cornstarch, salt, pepper and broth until smooth.
4. Add the cornstarch mixture and butter to the vegetables. Bring to a boil over medium heat; cook and stir for 2 to 3 minutes or until glaze is slightly thickened.

Note: Omit the salt if not using reduced-sodium broth.

Nutrition Note: This recipe makes 6 servings. Each serving has 90 calories, 1.5 grams of fat, and 12 grams of carbohydrates.

GROW HAPPY FAMILIES

**They take their lead from you.
Eat fruits and veggies and your kids will, too.**

Make Fruits and Veggies Easy to See

- Keep a bowl of washed fresh fruits on the kitchen table.
- Put washed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.



Make-Ahead Fruit and Veggies Snacks From the Fridge

- Toss veggies with cooked pasta and fat-free Italian dressing.
- Slice apples. Dip them in pineapple or orange juice to keep them from turning brown. Store apples in plastic snack bags or covered bowls in the fridge.
- Kids love to dip fresh veggies in low-fat ranch dressing. Cut up veggies. Store them near the dip in the fridge.