

Pick-WIC Paper

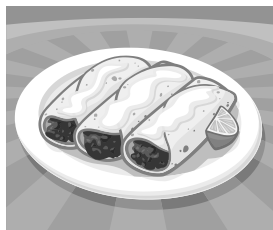
NORTH DAKOTA WIC PROGRAM

November 2009

Enchiladas Black Bean Salsa Apple-Filled Sweet Potatoes Bean Brownies Macaroni and Cheese Tuna Salad

Enchiladas

1 pound boneless, skinless chicken breasts
¾ cup water
1 packet (1.25 ounces) taco seasoning mix
1 can (10-15 ounces) red enchilada sauce
8 whole wheat tortillas
1 cup reduced-fat shredded cheddar cheese



1. Preheat oven to 350 degrees.
2. Boil chicken breasts about 20 minutes or until no longer pink in the center.
3. Shred the chicken with two forks.
4. Place the shredded chicken in saucepan; add water and taco seasoning mix. Heat until thickened, stirring often.
5. Place ⅓ of the mixture onto each tortilla. Roll up.
6. Put ½ can of enchilada sauce into 9x13-inch baking pan.
7. Place rolled enchiladas on top of the sauce.
8. Pour remaining sauce over the enchiladas and sprinkle with cheese.
9. Bake uncovered for 20-30 minutes until cheese is melted.
10. Serve with salsa, sour cream or guacamole.

Nutrition Note: This recipe makes 6 servings. Each serving has 330 calories, 7 grams of fat, and 36 grams of carbohydrates.

Eating Together

Have each family member answer the question, "What made you smile today? Why did it make you smile?"



Black Bean Salsa

1 can (15-16 ounces) black beans, rinsed and drained
1 can (15 ounces) whole kernel corn, drained
1 can (14.5 ounces) diced tomatoes and green chilies, undrained
1 cup chopped tomatoes
2 tablespoons minced fresh cilantro
1 clove garlic, minced
½ cup lime juice
½ teaspoon ground cumin
⅛ teaspoon black pepper



1. In a large bowl, combine all ingredients.
2. Cover and refrigerate for at least 2 hours.
3. Serve with tortilla chips.

Nutrition Note: This recipe makes 12 servings. Each serving has 70 calories, 0 grams of fat, and 15 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I chose to breastfeed my daughter because it's the healthiest thing I can do for her."

*~ DeAnn, WIC Breastfeeding Mom
from Bismarck, ND*



Apple-Filled Sweet Potatoes

4 sweet potatoes (4 cups cooked)
2 eggs
¼ cup margarine, softened
2 tablespoons brown sugar
1 teaspoon vanilla
½ teaspoon nutmeg
4 medium apples, peeled and chopped
½ teaspoon cinnamon

1. Preheat oven to 400 degrees.
2. Cook apples and cinnamon in ⅓ cup of water, until soft. Set aside.
3. With a mixer at low speed, beat together sweet potatoes, eggs, margarine, brown sugar, vanilla and nutmeg.
4. Increase the mixer speed and beat until light and fluffy.
5. On a lightly greased cookie sheet, spoon sweet potato mixture into 8 mounds, about 2 inches apart.
6. Make a depression in the center of each mound with a spoon, forming a 4-inch shell.
7. Divide the cooked apples into the center of each sweet potato mound.
8. Bake for 20 minutes or until golden brown.

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 7 grams of fat, and 41 grams of carbohydrates.

Bean Brownies

- 1 cup black or pinto beans, canned or cooked from dry
- ½ cup cocoa
- ½ cup butter or margarine
- 2 cups white sugar
- 4 eggs
- ¾ cup flour
- 1 teaspoon salt
- ½ teaspoon baking powder

1. Preheat oven to 350 degrees.
2. Drain beans; reserve 2 tablespoons of the liquid.
3. Puree beans and the 2 tablespoons of the liquid in a food processor or blender until a thick paste is formed.
4. Mix cocoa, butter, sugar, bean puree and eggs together in a bowl until well blended.
5. Mix flour, salt and baking powder together in a small bowl and stir into bean mixture.
6. Pour the batter into a 9x13-inch pan coated with cooking spray.
7. Bake 40 minutes or until brownies test done with a toothpick.
8. Frost with a sprinkling of powdered sugar.

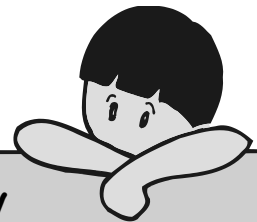
Nutrition Note: This recipe makes 24 brownies. Each serving has 140 calories, 5 grams of fat, and 22 grams of carbohydrates.

Macaroni and Cheese Tuna Salad

- 1 box (7.25 ounces) macaroni and cheese dinner
- 1 can (5 ounces) tuna, drained
- 1 cup frozen peas (no need to cook peas)
- 1 cup reduced-fat shredded cheddar cheese
- 1 cup fat free or light salad dressing or mayonnaise
- ½ cup light ranch dressing
- 1 teaspoon vinegar
- 2 teaspoons prepared mustard

1. Prepare macaroni and cheese according to package directions, except leave out the margarine.
2. Combine remaining ingredients with macaroni and cheese.
3. Refrigerate until serving time.

Nutrition Note: This recipe makes 8 servings. Each serving has 230 calories, 3.5 grams of fat, and 36 grams of carbohydrates.



Turn Off the TV

Body-Part Follow the Leader – Move your body parts as you repeat these words and encourage your child to: "Bend one knee and an elbow; Nod your head and look high and low; Shake a leg; Clap your hands; Wave your arms; Make circles with your hips; Wiggle your fingers; Smile; Put your feet together; Pick up your legs; Stomp your feet." Put on music and do this together.

(From the California WIC Program)



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 600 E. Boulevard Ave., Dept. 301, Bismarck, N.D. 58505-0200 800.472.2286, option 1

GROW HAPPY FAMILIES

Teach your kids to create healthy meals. It's a lesson they'll use for life.

Kids love helping in the kitchen. Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.

What can children do in the kitchen?

2-year olds	3-year olds	4- to 5-year olds
<ul style="list-style-type: none"> • Make "faces" out of pieces of fruits and vegetables. • Scrub vegetables or fruits. • Tear lettuce or greens. • Snap green beans. 	<ul style="list-style-type: none"> • Add ingredients. • Stir. • Spread peanut butter or other spreads. • Shake a drink in a sealed container. • Knead bread dough. 	<ul style="list-style-type: none"> • Peel some fruits and vegetables, such as bananas. • Cut soft fruits with a plastic knife. • Wipe off counters. • Mash soft fruits, vegetables, and beans. • Measure dry ingredients. • Measure liquids with help.

Kid's Page - Kid's Page - Kid's Page

Holiday Craft Ideas

Snow Globe

Paint the lid of a baby food jar and let dry. Glue a small plastic toy (animal, person, etc.) or small holiday decoration onto the inside of the lid. Fill the jar with water and glitter. Screw the lid on tight. Turn the jar upside down and shake. The "snow" will fall all around the plastic toy. Your children will be amazed at their own snow globe they created.

Cookie Cutter Wreath

Arrange a variety of holiday-themed cookie cutters (metal or plastic) to make a wreath. Glue the cutters together (using a glue that will hold together plastic or metal, depending on the type of cookie cutter used). You can attach a bow to the wreath after the glue has dried (optional). If you are using metal cookie cutters, you can also spray paint the cookie cutters.

Another idea to for using cookie cutters is to attach your favorite cookie recipe to a cookie cutter. Punch a hole in the top of the recipe card and attach to the cookie cutter with holiday ribbon.

Snacks Your Child Can Help Make

Caterpillar Snacks - Place a lettuce leaf on a plate; spread four round snack crackers with low-fat cottage cheese or cream cheese. Lay the crackers, slightly overlapping, on the lettuce. Attach raisin eyes and two chow mein noodles for feelers. Add two chow mein noodles for legs to each of the crackers.

Pretzel Kabobs - Place small pieces of fruit, cheese, meat or veggies on pretzel sticks.

Go Fishing Snack - Scoop up a small amount of peanut butter on the end of a pretzel stick. Dip the end of pretzel with peanut butter in a dish of fish-shaped snack crackers and "catch a fish."

My Favorite Bug - Place one piece of string cheese on a plate. Take eight pretzel sticks and add legs and feelers to your bug.

Shape House Sandwich - Place one slice of bread on a plate. Put a cheese triangle slice over the top of the bread for the roof. Add two pickle slices for windows. Add a strip of meat for a door.