

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

July 2010

Southwestern Turkey Wraps
Toasted Peanut Butter Nibbles
Thousand Island Roast Beef Wraps
Fruit Salad Medley
Honey Mustard Coleslaw
Blueberry Frosty

Southwestern Turkey Wraps

6 ounces thinly-sliced turkey breast
½ cup shredded reduced-fat cheddar cheese
¼ cup salsa
½ ripe avocado, peeled, pitted, and cut into thin slices
4 whole wheat tortillas

1. Arrange the turkey, cheese, salsa and avocado down the center of each tortilla.
2. Roll up tightly and slice in half.
3. Cover with plastic wrap to keep the avocado from turning brown.

Note: Fresh tomatoes can be substituted for avocado.

Recipe adapted from www.mealmakeovermoms.com



Toasted Peanut Butter Nibbles

½ cup peanut butter
2 tablespoons margarine or butter
6 cups variety of Chex®-type cereal or other crunchy cereal pieces
½ cup raisins (optional)

1. Preheat oven to 250 degrees.
2. Put peanut butter and margarine in a 9x13-inch pan. Place the pan in the oven for 5 minutes, or until peanut butter and margarine are melted. Remove from oven and stir until smooth.
3. Slowly add the cereal, stirring until all pieces are coated.
4. Bake 1 hour, stirring every 15 minutes. Remove from oven and gently stir in raisins.
5. Spread on paper towels to cool. Store in an airtight container.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 8 servings. Each serving has 200 calories, 11 grams of fat, and 21 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I chose to breastfeed because I know it is healthier for my baby. I love the bonding and having close contact with my baby."



~ Nicole, Breastfeeding Mom from Turtle Mountain WIC

Thousand Island Roast Beef Wraps

2 to 3 romaine lettuce leaves, coarsely chopped (1 cup)
1 small carrot, shredded (½ cup)
2 tablespoons light Thousand Island salad dressing
Salt and pepper
4 slices low-fat mozzarella cheese
4 slices deli roast beef
2 whole wheat tortillas

1. Place the lettuce, shredded carrot and dressing in a bowl; stir to combine. Season with salt and pepper to taste.
2. Arrange the cheese, roast beef, and lettuce mixture evenly down the center of each tortilla.
3. Roll up tightly, burrito-style. Cut in half and serve.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 2 servings. Each serving has 380 calories, 16 grams of fat, and 29 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Cut up blemished or damaged fruit for salads or snack cups. Add nearly-too-ripe fruit to yogurt, or use in smoothies, muffins, cobblers or crisps.

(From ISU Extension Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/>)

Fruit Salad Medley

- 1 cup seedless grapes
- 1 orange, peeled, sliced and quartered
- 1 banana, peeled and sliced
- 1 peach or nectarine, pitted and cubed
- ½ cup orange juice



1. Combine all fruits in a large bowl.
2. Pour orange juice over fruits; cover and refrigerate until cold.

Selection and Storage Information for Bananas, Grapes, and Oranges

Bananas – Choose bananas that are free of bruises and breaks in the skin. Bananas will continue to ripen at room temperature. Ripe bananas can be stored in the refrigerator for a few days. The skin will darken, but the fruit is fine.

Grapes – Select plump, firm grapes. Avoid soft grapes or grapes with dry or broken stems. Refrigerate and use within 1-2 weeks.

Oranges – Choose firm fruit, heavy for its size. Skin color is not a good guide to quality. Oranges may be ripe even though they have green spots. Refrigerate and use within 1-2 weeks.

Nutrition Note: This recipe makes 4 servings. Each serving has 100 calories, 0 grams of fat, and 24 grams of carbohydrates.

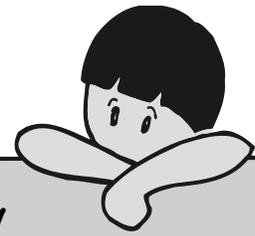
Honey Mustard Coleslaw

- 1 bag (16 ounces) shredded cabbage mix
- 1 small green pepper, chopped
- 4 green onions, chopped
- ¼ cup chopped fresh parsley
- 1 cup fat-free mayonnaise
- ¼ cup fat-free sour cream
- ¼ cup Dijon mustard
- ¼ cup honey
- Salt and pepper



1. Place cabbage mixture in a large bowl.
2. Add the green pepper, onions and parsley; mix gently.
3. In a small bowl, add the mayonnaise, sour cream, mustard, honey, salt and pepper (to taste). Mix well and pour over the cabbage mixture.
4. Toss to coat well. Refrigerate two hours before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 70 calories, 1 gram of fat, and 17 grams of carbohydrates.



Turn Off the TV

Take a rainbow run outside — talk about the colors of the rainbow as you run and touch three things that are that color.

(From www.headstartbodystart.org)

Blueberry Frosty

- 2 cups low-fat vanilla frozen yogurt
- 2 cups fresh or frozen blueberries
- 4 ice cubes



1. Combine frozen yogurt, blueberries and ice in a blender. Blend until well combined.
2. Pour into individual glasses and serve with a spoon or straw.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 4 servings. Each serving has 140 calories, 2 grams of fat, and 27 grams of carbohydrates.



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GROWING HAPPY FAMILIES

Enjoy picnics plus playtimes.



You can have a fun family picnic anywhere there is a table or space for a blanket (even in your own backyard). Whenever the weather is nice, a picnic can be an easy way to combine family mealtime with family playtime – at a public pool, beach, soccer field, park, or bike path.