

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2010

Chicken & Sweet Potato Enchilada Casserole

Twice Baked Sweet Potatoes

Turkey Stroganoff

Quick Turkey Rice Soup

Pumpkin Bread

Chicken & Sweet Potato Enchilada Casserole

1 pound boneless, skinless chicken breasts, cut into bite-size pieces
2½ cups raw sweet potato, unpeeled and cut into ¼-inch pieces
½ cup chopped onion
1 can (10 ounces) mild enchilada sauce
1 teaspoon ground cumin
½ teaspoon garlic powder
¾ cup whole kernel corn, frozen or canned (drain if using canned)
¼ cup instant brown rice, uncooked
1 cup shredded or cubed reduced-fat cheddar cheese
½ cup fat-free sour cream or plain yogurt
6 whole wheat tortillas or 3 cups cooked brown rice

1. Combine chicken, sweet potatoes, onion, enchilada sauce, cumin and garlic powder in a crock pot.
2. Cover and cook 3 hours on low or 2 hours on high.
3. Add corn and the ¼ cup uncooked brown rice. Stir.
4. Cook for 1 more hour on high.
5. Stir in cheese and sour cream right before serving.
6. Serve in a tortilla wrapped burrito-style, or over rice.

Recipe adapted from www.mealmakeovermoms.com

Nutrition Note: This recipe makes 6 servings. Each serving has 370 calories, 8 grams of fat, and 47 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Avoid buying single servings. Purchasing small packages of produce is often more expensive than buying in larger amounts.

From www.fruitsandveggiesmatter.gov

Twice Baked Sweet Potatoes

Bake 2 sweet potatoes and 2 white potatoes in a 400 degree oven until soft. Scoop potatoes out of their shells and mash together. Season to taste with butter, salt and pepper and stuff back into shells. Bake 10 more minutes.

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Breastfeeding:

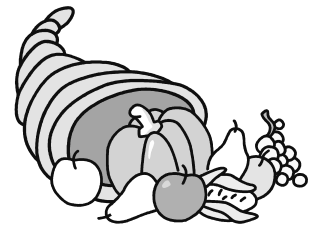
Why breastfeed? "I chose to breastfeed my baby because it is best for my baby. It is easier and healthier."



~ Jamie, WIC Breastfeeding Mom from Dunseith, ND

Turkey Stroganoff

2 teaspoons oil
1 small onion, chopped
1-2 cloves garlic, minced
2 cups cooked turkey, cut into ½-inch cubes
2 cups water
1 cup skim or 1% milk
1 can (10.75 ounces) fat-free cream of mushroom soup
1 package (12 ounces) frozen peas
2 cups uncooked macaroni
2 teaspoons dill weed
¼ teaspoon black pepper
1 cup corn flakes
¼ teaspoon garlic powder
½ cup fat-free sour cream



1. Heat oil in a large skillet over medium-high heat; sauté onion. Add garlic and cook another 30 seconds.
2. Add turkey, water, milk, soup and peas; bring to a boil.
3. Add macaroni, dill and pepper; stir to combine.
4. Cover pan, reduce heat to low, and cook 10-15 minutes until pasta is tender. Stir occasionally to prevent sticking.
5. While mixture is cooking, crush corn flakes in a small bowl. Mix in garlic powder and set aside.
6. Right before serving, stir in sour cream and top with the cornflake mixture.

Recipe from Oregon State Extension Service,
www.healthyrecipes.oregonstate.edu

Nutrition Note: This recipe makes 8 servings. Each serving has 260 calories, 4.5 grams of fat, and 36 grams of carbohydrates.

Quick Turkey Rice Soup

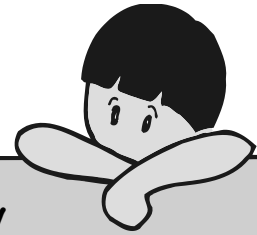
- 2 teaspoons oil
- 1 cup chopped onion
- 1 cup sliced fresh mushrooms (optional)
- 1 clove garlic, minced (or substitute ¼ teaspoon garlic powder)
- 1 can (14.5 ounces) diced tomatoes
- 3 cans (14 ounces each) chicken broth
- 1 can (10.75 ounces) fat-free cream of chicken soup
- 1 cup uncooked instant brown rice
- 2 cups fresh or frozen chopped broccoli or sliced carrots
- 2 cups chopped cooked skinless turkey
- ½ teaspoon black pepper

1. Heat oil in a large saucepan over medium-high heat.
2. Add onions, mushrooms and minced garlic (if using fresh garlic). Cook, stirring often, until onion is tender, about 5 minutes.
3. Add tomatoes, broth, soup, rice and garlic powder (if using instead of fresh garlic). Cover and cook until rice is nearly tender, 15 to 20 minutes.
4. Stir in the broccoli or carrots and the turkey; return to a boil.
5. Reduce heat and simmer, partially covered, until broccoli or carrots are tender and turkey is heated through, about 5 minutes.
6. Remove from heat and stir in pepper.

Nutrition Note: This recipe makes 6 servings. Each serving has 270 calories, 8 grams of fat, and 24 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 600 E. Boulevard Ave., Dept. 301 Bismarck, N.D. 58505-0200 800.472.2286, option 1



Turn Off the TV

Use your body to pretend to move like different foods. Melt like a popsicle or pop like popcorn. Be creative and have fun just moving with your children.

(From www.headstartbodystart.org)

Pumpkin Bread

- 2 cups cooked mashed pumpkin or 1 can (15 ounces) pumpkin
- 4 eggs
- 2 cups sugar
- ¾ cup oil
- ¾ cup water
- 3½ cups flour
- 2 teaspoons baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 1 cup raisins (optional)

1. Preheat oven to 350 degrees.
2. Coat two 9x5-inch loaf pans with nonstick cooking spray.
3. Mix pumpkin, eggs, sugar, oil and water in a medium bowl.
4. Mix dry ingredients in a separate bowl. Add raisins to flour mixture, if desired. Add pumpkin mixture to flour mixture. Stir just until mixed.
5. Add half the mixture to each loaf pan. Bake for about 1 hour, or until a knife inserted in the center comes out clean.
6. After the bread has cooled for about 15 minutes, remove from pan.

Nutrition Note: This recipe makes 32 servings. Each serving has 140 calories, 3 grams of fat, and 26 grams of carbohydrates.

GROWING HAPPY FAMILIES

Create a memory. Build a tradition.

The holiday season can feel more stressful than joyful. Time with family and friends is much more important to holiday comfort and joy than lots of new stuff or plates of high-calorie treats. Starting new family traditions that reduce stress — like cooking a meal or playing active games together — are gifts that will truly keep on giving for years to come.

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