

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2011

## Garlic Mashed Potatoes

## Sicilian Meat Roll

## Scalloped Corn

## Mini Stuffed Meat Loaves

## Mom's Makeover Meatloaf



### Garlic Mashed Potatoes

8 medium potatoes, peeled (if using red potatoes, leave some of the peeling on for color)  
4 garlic cloves  
1 tablespoon salt  
¼ cup butter or margarine  
⅓ cup skim or 1% milk, heated

1. Place potatoes and garlic in a kettle. Cover with water. Add salt.
2. Boil until potatoes are tender.
3. Drain water off potatoes and garlic.
4. Add butter and milk.
5. Mash the potato mixture together.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 220 calories, 6 grams of fat, and 38 grams of carbohydrates.



### Shop Smart - Stretch Your Fruit & Veggie Dollar

Canned fruits and vegetables will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.

(From [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov))

### Sicilian Meat Roll

1 egg, beaten  
¼ cup tomato sauce  
1 tablespoon parsley  
¼ teaspoon oregano  
¼ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon garlic powder  
1 pound lean ground beef  
2 slices deli ham  
6 slices mozzarella cheese



1. Preheat oven to 350 degrees. Coat a small casserole dish with nonstick cooking spray.
2. Mix egg, tomato sauce, spices and ground beef together.
3. Form ½ of the ground beef mixture into a loaf shape. Place in the small casserole dish.
4. Layer ham slices and 4 slices of mozzarella cheese on ground beef mixture.
5. Top with remaining ground beef mixture. Pat into a loaf shape.
6. Bake for 1 hour.
7. Top with remaining cheese slices and bake for an additional 5 to 10 minutes.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 220 calories, 13 grams of fat, and 2 grams of carbohydrates.

### Breastfeeding:

*Why breastfeeding? "I know breastfeeding is healthier for my baby. It is time meant for you and your baby, special bonding time. I love his smile as he looks up at me after breastfeeding"*



~ Ashley, Breastfeeding Mom from Turtle Mountain WIC

### Scalloped Corn

2 eggs, beaten  
2 cups skim or 1% milk  
2 cups crushed saltine crackers (1 column plus 6 crackers)  
3 cans (14.75 ounce) cream-style corn  
Salt and pepper to taste

1. Preheat oven to 350 degrees. Coat a small baking dish with nonstick cooking spray.
2. Combine all ingredients in a bowl; pour into the baking dish.
3. Bake for 1 to 1½ hours.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 180 calories, 3.5 grams of fat, and 33 grams of carbohydrates.

### Mini Stuffed Meat Loaves

- 1 box (6 ounces) stuffing mix
- 1 egg
- ½ cup quick cooking oats
- 1 tablespoon dry onion soup mix
- 2 tablespoons ketchup
- ¼ teaspoon pepper
- ¼ teaspoon salt
- 1 pound lean ground beef
- Ketchup

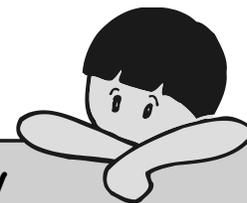


1. Prepare stuffing mix according to package instructions.
2. Preheat oven to 350 degrees. Coat an 8x11-inch baking pan with nonstick cooking spray.
3. In a large bowl, combine the egg, oats, soup mix, ketchup, pepper and salt. Add the ground beef and mix well.
4. Form the mixture into four miniature meat loaves. Make a large hole in each meat loaf and fill with a heaping tablespoon of the stuffing mix, reshaping to cover the stuffing mix. Do the same with the remaining meat loaves. (There will be stuffing mixture left over, which you can have with the meal).
5. Place the loaves on the baking pan. Cover the top of each loaf with ketchup.
6. Bake, uncovered, for 45 minutes.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 300 calories, 14 grams of fat, and 15 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

Bundle up for snow play. Create snow angels. Make a "snow family." Go sledding. Climb a snow mountain. Make paths through the snow.

### Mom's Makeover Meatloaf

- 1 can (15 ounces) black beans, drained and rinsed
- 1 pound lean ground beef
- 2 eggs, beaten
- 1 large carrot, peeled and shredded (about 1 cup)
- ½ cup seasoned bread crumbs
- ¼ cup ketchup
- ½ teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons ketchup

1. Preheat oven to 375 degrees. Lightly oil or coat a 9x13-inch baking dish with nonstick cooking spray and set aside.
2. Mash the beans in a large bowl, using the back of a large fork or spoon, until smooth but still a bit chunky. Add the beef, eggs, carrot, bread crumbs, ¼ cup ketchup, garlic powder, salt and pepper; mix until well combined.
3. Place the meat mixture in the middle of the baking dish. Shape into a 6x8-inch rectangle, about 1½ inches high. Spread the 2 tablespoons of ketchup evenly on the top and sides.
4. Bake for 50 to 60 minutes. Let stand for a couple of minutes before serving.

Recipe adapted from [www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)

**Nutrition Note:** This recipe makes 6 servings. Each serving has 260 calories, 10 grams of fat, and 23 grams of carbohydrates.

## GROWING HAPPY FAMILIES

**You are the most important influence on your child.**

Offering a variety of food helps your child get the nutrients he needs from every food group. He will also be more likely to try new foods and to like more foods. Cook together, eat together, talk together, and make mealtime a family time.

