

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2011

Pulled Pork Primavera Sandwiches

Quick Chili

Saucy Chicken

Impromptu Apple Pie

Cherry Yogurt Parfaits

Quick Chili

- 1 pound lean ground beef
- 2 cans (15 ounces) kidney beans (do not drain)
- 2 cups tomato sauce
- 2 tablespoons minced onion
- 3 tablespoons chili powder

1. Cook ground beef in a skillet until browned. Drain and rinse to remove excess fat.
2. Stir in kidney beans with liquid, tomato sauce, onion and chili powder.
3. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Recipe Source: <http://recipefinder.nal.usda.gov>

Nutrition Note: This recipe makes 8 servings. Each serving has 230 calories, 7 grams of fat, and 25 grams of carbohydrates.

Pulled Pork Primavera Sandwiches

- 2 to 2½ pounds pork loin or tenderloin, trimmed of all visible fat
- 1 large carrot, shredded (about 1 cup)
- 1 large red bell pepper, finely diced
- 1 medium onion, peeled and cut into thin wedges
- 12 ounces barbeque sauce
- 8 whole wheat hamburger buns, toasted



1. Place the pork, carrot, red bell pepper, onion and barbeque sauce in a slow cooker; stir to combine. Cover and cook on low for 6 to 8 hours.
2. When the meat is done, place it on a cutting board and, using a knife and fork, pull the meat into shredded pieces.
3. Place the meat back in the slow cooker and mix with the sauce (the vegetables mostly disappear into the sauce). Divide the pork mixture evenly between the hamburger buns and serve.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 8 servings. Each serving has 400 calories, 11 grams of fat, and 46 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "I chose to breastfeed because it is the healthiest way to go. Keeps babies healthier, and it prevents them from developing different things like ear infections. I also found out it decreases breast cancer for mom. Altogether, I do it for my kid's health. It's so much cheaper and it's easy. I love it! And you have that bond with your child...nobody can replace that."

~ Laura, WIC Breastfeeding Mom from Bismarck



Saucy Chicken

- 8 ounces Russian salad dressing
- 8 ounces apricot preserves
- 1 package dry onion soup mix
- 6 boneless, skinless chicken breasts (1½ to 2 pounds chicken)

1. Preheat oven to 350 degrees.
2. In a small bowl, mix together Russian dressing, apricot preserves and dry soup mix.
3. Place chicken breasts in a baking dish.
4. Cover with dressing mixture.
5. Bake 1¼ hours. Watch the last half hour; if the chicken gets too brown, cover the baking dish with foil.

Nutrition Note: This recipe makes 8 servings. Each serving has 300 calories, 9 grams of fat, and 29 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Store-brands can be a great budget choice for many forms of fruits and vegetables.

(From www.fruitsandveggiesmatter.gov)

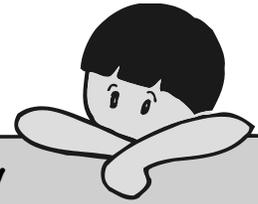
Impromptu Apple Pie

3 apples, peeled and sliced
½ cup sugar
½ teaspoon cinnamon

Topping

3 tablespoons margarine or butter
½ cup sugar
1 egg
½ teaspoon baking powder
½ cup flour

1. Preheat oven to 400 degrees. Coat a 9-inch square pan with nonstick cooking spray.
2. Place sliced apples in pan. Sprinkle with sugar and cinnamon. Cover pan with foil and bake for 20 minutes.
3. While apples are baking, combine all ingredients for topping.
4. After apples have baked for 20 minutes, remove from the oven. Remove foil.
5. Cover the apples with the topping. Spread the topping evenly over the apples with a knife.
6. Bake for an additional 20 minutes.



Turn Off the TV

Act out a story. Read a book together; move to give it action. If it's a book about food, make it in the kitchen together later.



Nutrition Note: This recipe makes 9 servings. Each serving has 170 calories, 4.5 grams of fat, and 33 grams of carbohydrates.



Cherry Yogurt Parfaits

1 can (20 ounces) cherry pie filling, divided
16 ounces fat-free vanilla yogurt, divided
1 cup crushed graham crackers (16 squares)
6 glasses, about 4 inches tall and 3-4 inches wide, or use sundae parfait glasses

1. Combine 1 cup pie filling and 8 ounces of yogurt in a small bowl.
2. Place 2 tablespoons of this mixture in the bottom of each glass.
3. Add 1½ tablespoons of graham cracker crumbs to each glass.
4. Using the remaining pie filling mixture, layer 2 tablespoons of the mixture in each glass.
5. Using the other 8 ounces of yogurt, add 2 tablespoons yogurt on top of the pie filling mixture.
6. Top each glass with 1½ tablespoons graham cracker crumbs. Divide the rest of the pie filling/yogurt mixture between the glasses.

Nutrition Note: This recipe makes 6 parfaits. Each serving has 240 calories, 3 grams of fat, and 45 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

GROWING HAPPY FAMILIES

Show your love with hugs and kisses.

Comfort with hugs and talks. Choose not to offer sweets as rewards — it lets your child think sweets or dessert foods are better than other foods.

