

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2011

Beef and Bean Enchiladas

Black Bean Wraps

Whole Enchilada Bake

Mexican Bread Pudding (Capirotada)

Mexican Lasagna

Beef and Bean Enchiladas

½ pound lean ground beef
½ cup chopped onion
1 clove garlic, finely chopped
1 cup cooked black or pinto beans
1 cup salsa
6 whole wheat tortillas
½ cup shredded reduced-fat cheddar cheese
2 cans (10 ounces each) enchilada sauce



1. Preheat oven to 350 degrees.
2. Cook ground beef, onion and garlic in a skillet until meat is no longer pink, about 4 minutes. Drain off any extra fat.
3. Add beans and ½ cup salsa to cooked meat. Cook over low heat for 10 minutes.
4. Spoon ½ cup of beef and bean mixture on each tortilla. Top with remaining salsa and cheese. Roll up tortillas.
5. Place tortillas, seam side down, in a greased baking dish. Pour enchilada sauce over the tortillas.
6. Bake for 15 minutes.

Note: Chopped chicken can be substituted for the lean ground beef.

Recipe Source: www.numatters.com

Nutrition Note: This recipe makes 6 servings. Each serving has 310 calories, 9 grams of fat, and 38 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

To make many fresh fruits and vegetables last longer, store them in the refrigerator or freezer soon after getting home from your shopping trip. Many cookbooks offer specific freezing instructions.

(From www.fruitsandveggiesmatter.gov)

Black Bean Wraps

2 cups cooked black beans
½ cup low-fat shredded cheese
½ cup salsa
½ cup cooked brown rice
4 whole wheat tortillas
1½ cups shredded lettuce



1. In a medium bowl, combine black beans, cheese, salsa and rice.
2. Top each tortilla with ¼ cup of the black bean mixture and some shredded lettuce.
3. Roll up tortillas and slice in half to serve.

Recipe adapted from: www.isyfruitveggies.org

Nutrition Note: This recipe makes 4 servings. Each serving has 310 calories, 5 grams of fat, and 50 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

"I like breastfeeding because it relaxes me and takes away my stress."

~ Anna, WIC Breastfeeding Mom from Grand Forks, ND



Whole Enchilada Bake

16 ounces low-fat cottage cheese
1 box (12 ounces) frozen cooked squash, thawed and drained
2 large eggs, beaten
¼ teaspoon ground cumin
¼ teaspoon chili powder
1 can (15 ounces) enchilada sauce
12 corn tortillas (6-inch), cut in half
2 cups diced leftover roasted or baked chicken
1 can (11 ounces) corn, drained and rinsed
1½ to 2 cups shredded reduced-fat cheddar cheese

1. Preheat oven to 375 degrees.
2. In a large bowl, mix the cottage cheese, squash, eggs, cumin, and chili powder until well blended.
3. Spread ¼ cup enchilada sauce in the bottom of a 9x13-inch baking dish coated with cooking spray. Arrange 8 tortilla halves in the baking dish, allowing them to overlap slightly. Top evenly with 1 cup squash mixture, 1 cup chicken, half of the can of corn, ½ cup cheese and ½ cup enchilada sauce.
4. Repeat step 3 for the second layer.
5. Top with the remaining tortillas, squash mixture, enchilada sauce, and cheese.
6. Bake uncovered for about 35 minutes.

Recipe adapted from: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 8 servings. Each serving has 300 calories, 9 grams of fat, and 28 grams of carbohydrates.

Mexican Bread Pudding (Capirotada)

- 1 cup firmly packed brown sugar
- 1 cup water
- 1 cinnamon stick, 3 inches long
- ½ loaf (one-pound size) French bread
- ½ cup slivered almonds, toasted
- ½ cup chopped walnuts, toasted
- 1 cup raisins
- 8 ounces Monterey Jack cheese, cut in ½-inch cubes
- 1 tart apple, peeled and thinly sliced



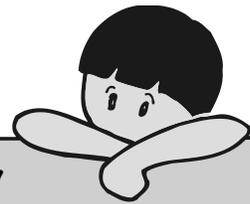
1. To make the cinnamon syrup, boil brown sugar, water and the cinnamon stick until slightly thickened (about 5 minutes). Discard the cinnamon stick.
2. Cut the bread into ½-inch-thick slices. Place the slices on a baking sheet and put it on the highest rack in the oven. Set the oven to broil. Toast the slices to a light brown, about 1-2 minutes, then take out and turn the slices to toast the other side. After toasting, break into large pieces.
3. Preheat oven to 350 degrees.
4. Place half the bread in a greased 9x13-inch baking dish. Layer the following ingredients in this order: ¼ cup almonds, ¼ cup walnuts, ½ cup raisins and 4 ounces cheese.
5. Top with all the sliced apples.
6. Pour half the cinnamon syrup over the sliced apples.
7. Repeat layers with remaining bread, almonds, walnuts, raisins and cheese. Top with remaining syrup.
8. Cover and bake for 15 minutes (remove cover for last 5 minutes). Serve warm.
9. Spoon into individual dishes and top with light vanilla ice cream or light whipped topping.

Nutrition Note: This recipe makes 16 servings. Each serving has 220 calories, 9 grams of fat, and 32 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



Pretend to be a growing flower. First you are a tiny seed in the ground, and then grow into big flower.

(From www.headstartbodystart.org)

Mexican Lasagna

- 1 pound lean ground beef
- 1 large carrot, shredded (about 1 cup)
- 1 jar (16 ounces) salsa
- 1 can (15 ounces) black beans, drained and rinsed
- 2 cups frozen corn
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 5 whole wheat tortillas, cut in half
- 16 ounces low-fat cottage cheese
- 1½ cups shredded reduced-fat cheddar cheese



1. Preheat oven to 375 degrees.
2. Cook the ground beef and carrot in a large nonstick skillet over medium-high heat, about 5 minutes. Drain excess fat.
3. Add the salsa, black beans, corn, chili powder and cumin to the skillet. Stir to combine.
4. To assemble the lasagna, spread one third (about 2 cups) of the meat mixture in the bottom of a 9x13-inch baking pan. Layer half the tortillas over the meat, allowing them to overlap. Spoon half the cottage cheese and ½ cup cheddar cheese over the tortillas. Spread evenly.
5. Place two more cups of meat mixture over the cheese layer. Layer with the remaining tortillas and cottage cheese. End with the remaining meat mixture.
6. Top with the remaining cheddar cheese. Bake, uncovered for about 25 minutes.

Recipe Source: www.mealmakeovermoms.com

Nutrition Note: This recipe makes 8 servings. Each serving has 340 calories, 9 grams of fat, and 37 grams of carbohydrates.

GROWING HAPPY FAMILIES



Focus on each other at the table.

- Talk about fun and happy things at mealtime. Turn off the television.
- Answer phone calls and respond to text messages later.
- Try to make meals a stress-free time.