

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2012

Lasagna Rolls

Cheddar & Potatoes Breakfast Bake

Blueberry Smoothie

Enchilada Pie

Impossible Custard

Lasagna Rolls

1 cup part skim ricotta cheese
½ cup shredded reduced-fat mozzarella cheese
¼ cup parmesan cheese
12 cooked lasagna noodles
1 jar (26 ounces) spaghetti sauce

1. Heat oven to 375 degrees.
2. Combine ricotta cheese, mozzarella cheese and parmesan cheese in a bowl.
3. Place two spoonfuls of cheese mixture on each lasagna noodle and roll up.
4. Spread ½ cup of spaghetti sauce in the bottom of a baking dish.
5. Place rolled lasagna noodles in baking dish. Cover with the remaining spaghetti sauce.
6. Bake for 30 minutes.

Recipe source: www.numatters.com

Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, 8 grams of fat and 40 grams of carbohydrates.



Cheddar and Potatoes Breakfast Bake

4 cups frozen diced or shredded potatoes with onions and peppers, or O'Brien potatoes
1½ cups shredded reduced-fat cheddar cheese
5 slices fully cooked turkey bacon, chopped (can be cooked in the microwave)
1 cup reduced-fat baking mix (like Bisquick®)
3 cups skim or 1% milk
5 eggs
½ teaspoon pepper

1. Heat oven to 375 degrees. Spray a 9x13-inch (3-quart) glass baking dish with cooking spray. In a medium bowl, mix potatoes, 1 cup of the cheese and the bacon. Spread in baking dish.
2. In the same bowl, stir baking mix, milk, eggs and pepper until blended. Pour over potato mixture. Sprinkle with remaining ½ cup cheese.
3. Bake 30 to 35 minutes or until light golden brown around the edges. Let stand 10 minutes before serving.

Recipe source: www.eatbetterearly.com

Nutrition Note: This recipe makes 8 servings. Each serving has 180 calories, 7 grams of fat and 17 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“Healthiest for my baby.”

~ Jackie, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Cut Back on Your Kid's Sweet Treats

Make food fun. Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

Source: www.ChooseMyPlate.gov

Blueberry Smoothie

¾ cup 100% orange or pineapple juice
½ cup fruit-flavored low-fat yogurt
1 cup fresh or frozen, unsweetened blueberries

1. Blend all ingredients well in a blender.

Recipe source: NDSU Extension Service



Nutrition Note: This recipe makes 2 servings. Each serving has 150 calories, 1 gram of fat and 32 grams of carbohydrates.

Enchilada Pie

- 1 pound ground turkey or lean ground beef
- 12 corn tortillas
- 1 can (15-16 ounces) black beans, drained
- 1 tablespoon taco seasoning
- 1 cup taco sauce
- 1 can (15-16 ounces) pinto beans, drained
- 2 cups shredded reduced-fat cheddar cheese

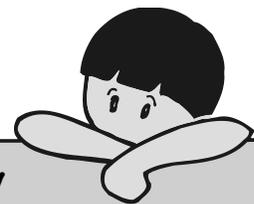
1. Heat oven to 400 degrees.
2. In a large skillet, cook ground meat until browned.
3. Coat a baking dish with nonstick cooking spray. In the dish, layer 6 corn tortillas, the can of black beans, half the ground meat, and about ½ of the taco seasoning and taco sauce.
4. Layer 4 of the corn tortillas on top, then the can of pinto beans, the rest of the ground meat, and the rest of the taco seasoning and sauce.
5. Top with the last two tortillas and place in the oven.
6. After 20 minutes, add the cheese to the top and bake for an additional 10 minutes.
7. Allow to stand outside of oven for 5 minutes to set up before serving.

Recipe source: Ransom County WIC Mom

Nutrition Note: This recipe makes 8 servings. Each serving (with ground turkey) has 300 calories, 8 grams of fat and 35 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV

Outdoors bubble chase: Let your child blow bubbles and have fun chasing, popping or stomping them.

Source: Minnesota WIC Program

Impossible Custard

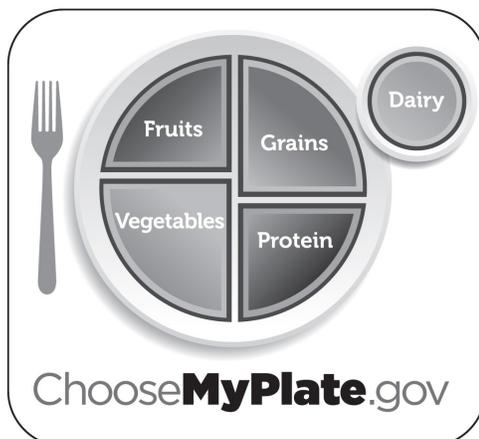
- 6 eggs, beaten
- 4 cups skim or 1% milk
- ½ cup sugar
- ½ cup margarine
- 1¼ cups baking mix (like Bisquick®)
- 1 tablespoon vanilla
- Nutmeg
- Cinnamon



1. Heat oven to 375 degrees. Coat a 9x13-inch pan with nonstick cooking spray.
2. Combine all ingredients except nutmeg and cinnamon in a blender, or beat well in a large bowl, until mixed.
3. Pour mixture into the pan. Sprinkle with a small amount of nutmeg and twice as much cinnamon.
4. Bake uncovered for 45 to 60 minutes or until a knife inserted into the custard comes out clean.

Nutrition Note: This recipe makes 16 servings. Each serving has 210 calories, 8 grams of fat and 28 grams of carbohydrates.

GROWING HAPPY FAMILIES



Don't forget the dairy

Pair your meal with a cup of fat-free or low-fat (1%) milk. They provide the same amount of calcium and other essential nutrients as whole and 2% milk, but less fat and calories. Don't drink milk? Try fat-free or low-fat yogurt or cheese in your meal.