

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2012

## Turkey Tortilla Soup

## Piña Colada Salad

## Popcorn Cake

## Oven Baked Barbeque Beef Sandwiches

## Pumpkin Apple Cake

### Piña Colada Salad

1 can (20 ounces) crushed pineapple in juice, undrained  
1 package (3.4 ounces) instant coconut cream pudding mix  
1 container (12 ounces) fat-free cottage cheese  
1 container (6 ounces) fat-free lemon yogurt

1. Combine pineapple, pudding mix and cottage cheese in a large bowl.
2. Stir in yogurt.
3. Cover and chill in the refrigerator for 2 to 3 hours.
4. Sprinkle with shredded coconut and crushed cashews, if desired.

Recipe source: [www.numatters.com](http://www.numatters.com)

**Nutrition Note:** This recipe makes 12 servings. Each serving has 90 calories, 1 gram of fat and 17 grams of carbohydrates.

### Turkey Tortilla Soup

1 cup chopped onion  
1 teaspoon olive oil  
1 can (4 ounces) chopped green chilies  
1 package taco seasoning  
1 can (14.5 ounces) tomatoes, undrained  
6 cups reduced-sodium chicken broth  
1 package (12 ounces) frozen corn  
2 cups cooked turkey, cut into ½-inch cubes  
4 ounces tortilla chips, broken  
½ cup Monterey Jack cheese, shredded



1. In a 5-quart saucepan over medium heat, sauté onion in oil for 3 to 4 minutes. Stir in chilies and taco seasoning. Cook for 1 minute.
2. Add tomatoes, breaking up with a spoon. Stir in broth and bring to a boil.
3. Add corn and turkey. Reduce heat to low and simmer for 5 minutes.
4. When serving, top with tortilla chips and cheese.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 240 calories, 6 grams of fat and 31 grams of carbohydrates.

### Breastfeeding:

#### Why breastfeed?



*“I wasn’t going to breastfeed, but my baby was born with an infection and the doctor said that the antibodies in my breast milk would help her. So I did it, and I loved it!”*

~ Danielle, WIC Breastfeeding Mom from Bismarck, N.D.

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Popcorn Cake

4 quarts popcorn (about 16 cups)  
1 bag (12.6 ounces) chocolate candies  
8 ounces dry roasted peanuts  
½ cup butter  
¼ cup oil  
1 bag (10 ounces) marshmallows



1. Coat a Bundt pan or 9x13-inch cake pan with nonstick cooking spray.
2. In a large bowl, mix popcorn, candy and peanuts.
3. Melt butter, oil and marshmallows in a saucepan. (Can also be melted in the microwave using a microwave-safe bowl for 1 minute or until melted.) Pour over the popcorn mixture.
4. Press into the pan and cover.

**Nutrition Note:** This recipe makes 24 servings (using a cake pan). Each serving has 240 calories, 14 grams of fat and 26 grams of carbohydrates.

## Cut Back on Your Kid’s Sweet Treats

Allow your children to choose their favorite holiday treats during this holiday season. Make sure they only choose the treats they really love, and leave off the foods that aren’t really their favorites. That way they can enjoy their favorites without filling up on too many sweet treats.

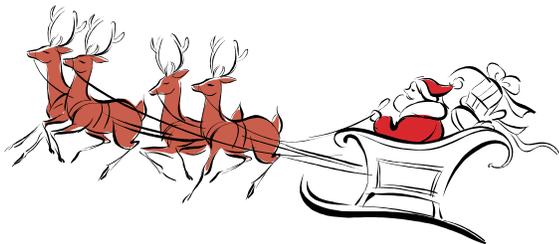
## Oven Baked Barbeque Beef Sandwiches

- 1 can (10¾ ounces) tomato soup
- ⅓ cup vinegar
- 1 cup water
- ¼ cup sugar
- 1 small onion, diced
- 2 tablespoons Worcestershire sauce
- 1 teaspoon celery salt
- 1 teaspoon garlic powder
- 2 pounds round steak or roast beef, cubed

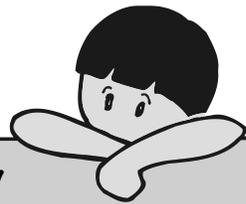


1. Heat oven to 350 degrees.
2. In a covered roasting pan, mix together tomato soup, vinegar, water, sugar, onion, Worcestershire sauce, celery salt and garlic powder.
3. Add beef to mixture. Cover and roast for 2 hours.
4. Remove from oven and mash with a potato masher until beef is shredded.
5. Cover and roast for an additional hour. Serve on whole wheat buns.

**Nutrition Note:** This recipe makes 8 sandwiches. Each sandwich has 360 calories, 11 grams of fat and 36 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

Have children move around the room like Santa. Have Santa be happy, mad, sad, tall, short, Santa walking in deep snow, Santa walking on ice, etc.

Source: Dakota Dog Digs Food, Fitness & Fun!

## Pumpkin Apple Cake

- 1 package (15.25 ounces) white cake mix
- 1 can (15 ounces) pumpkin
- 1 teaspoon cinnamon
- ¾ cup apple juice
- 3 eggs
- 1 teaspoon vanilla

1. Heat oven to 350 degrees. Coat a 9x13-inch cake pan or 12-cup Bundt pan with nonstick cooking spray and flour.
2. Combine all ingredients in a large mixing bowl.
3. Beat with a mixer at low speed for 30 seconds. Then beat at medium speed for 2 minutes.
4. Pour cake mix into the cake or Bundt pan.
5. Bake for 35-40 minutes or until toothpick inserted in cake center comes out clean.

Recipe Source: [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

**Nutrition Note:** This recipe makes 24 servings. Each serving has 110 calories, 3 grams of fat and 19 grams of carbohydrates.

## GROWING HAPPY FAMILIES



### Make healthy habits part of your celebrations.

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.