

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

May 2014

Mandarin Spinach Salad

Berry Smoothie

Fancy Yogurt Parfaits

Graham Cracker Smackers

Fruit Pizza

Berry Smoothie

½ cup 1% or skim milk
½ cup orange juice
1 cup raspberries or strawberries (unsweetened, frozen or fresh)
1 lemon wedge, including rind (optional)
6 ounces light vanilla yogurt
1 to 2 tablespoons white sugar (may not need if fruit is sweet)
1 cup ice cubes

1. Add milk and juice to the blender. Then add ice and partially chop.
2. Add the rest of the ingredients and blend well.

Recipe Note: Unused portions can be frozen for later.

Nutrition Note: This recipe makes 6 – ½ cup servings. Each serving has 60 calories, .5 grams of fat, 2 grams of protein, 12 grams of carbohydrates and 30 milligrams of sodium.

Mandarin Spinach Salad

1 can (11 ounces) mandarin oranges
¼ cup white vinegar
1 tablespoon olive oil
1 tablespoon lemon juice
2 tablespoons white sugar
1 package (9 ounces) fresh spinach
2 teaspoons Italian seasoning
4 oranges, peeled and sectioned

1. In a blender, combine canned mandarin oranges (including juice), vinegar, oil, lemon juice and sugar. Blend until smooth.
2. Rinse spinach leaves and remove the stems. Dry well and place in a large salad bowl.
3. Combine Italian seasoning with dressing, then toss with spinach. Top with fresh orange sections.

Nutrition Note: This recipe makes 6 servings. Each serving has 110 calories, 2.5 grams of fat, 2 grams of protein, 21 grams of carbohydrates and 35 milligrams of sodium.



Breastfeeding:

Why breastfeed?

“Breast milk has so many benefits. One awesome thing about breastfeeding is if your baby gets sick, your body will produce antibodies in the breast milk for your baby!”

~ Barbara, WIC Breastfeeding Mom from Grand Forks AFB WIC

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



Fancy Yogurt Parfaits

1 cup light yogurt, plain or flavored
½ cup fruit, any kind, fresh or frozen
½ cup crunchy cereal or granola

1. Spoon half of the yogurt in a dish or glass and top with ½ of the fruit and ½ of the cereal. Repeat layers.

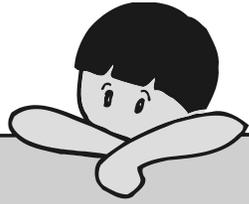
Recipe Source: Oklahoma State Department of Health

Nutrition Note: This recipe makes 1 serving. Each serving has 270 calories, 4.5 grams of fat, 14 grams of protein, 45 grams of carbohydrates and 170 milligrams of sodium.



Kid-friendly Veggies and Fruits

Caterpillar Kabobs: Assemble chunks of melon, apple, orange and pear on skewers for a fruit kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers or tomatoes.



Turn Off the TV

Pretend you have a farm. Act out the different things you would see — like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.

Source: www.headstartbodystart.org

Graham Cracker Smackers

1-2 pieces of fruit (bananas, peaches, pears or other soft fruit)
4 graham crackers, broken into 8 squares
2 tablespoons peanut butter

1. Wash fruit. Cut into thin slices.
2. Spread peanut butter in a thin layer on each graham cracker square.
3. Top four of the squares with slices of fruit. Put another graham cracker square on top, with peanut butter facing inside.

Recipe Note: This is a fun recipe for children to help make. They can break the graham crackers and spread the peanut butter.

Recipe Source: Iowa State University Extension and Outreach,
<http://www.extension.iastate.edu/foodsavings/>

Nutrition Note: This recipe makes 4 servings. Each serving has 150 calories, 6 grams of fat, 4 grams of protein, 23 grams of carbohydrates and 120 milligrams of sodium.

Fruit Pizza

1 English muffin
2 tablespoons reduced fat or fat-free cream cheese
2 tablespoons sliced strawberries
2 tablespoons blueberries
2 tablespoons crushed pineapple

1. Split open English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide fruit between the two muffin halves and arrange on top of cream cheese.

Recipe Notes: Any combination of fruit can be used for topping the pizza. Peanut butter can be used in place of cream cheese.

Recipe Source: Oregon State University Extension Service, www.foodhero.org

Nutrition Note: This recipe makes 2 pizzas. Each pizza has 120 calories, 3 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 190 mg sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Satisfy your sweet tooth in a healthy way.

Indulge in a naturally sweet dessert dish – fruit! Serve a fresh fruit cocktail or fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.