

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2014

Summer Fruit Salad Marinated Salad Frozen Fruit Cones Creating a Stir-fry August Seasonal Fruits and Vegetables

Summer Fruit Salad

1 package (3.4 ounces) instant vanilla, lemon, coconut cream or banana pudding mix
2 cups cold fat free or 1% milk
8 cups fresh or canned fruit: sliced bananas, blueberries, raspberries, sliced peaches, pears, apricots, seedless halved green or red grapes, pineapple chunks

1. Prepare pudding according to directions and refrigerate.
2. Layer fruit in a large bowl.
3. Spread pudding on top of fruit.
4. Top with additional fresh berries if desired.

Notes: Use flavored yogurt instead of pudding. Top with crushed vanilla wafers. Prepare salad in individual cups.

Recipe Source: Nutrition Matters, Inc. – www.numatters.com

Nutrition Note: This recipe makes 10 servings. Each serving has 130 calories, 0 grams of fat, 3 grams of protein, 30 grams of carbohydrates and 160 milligrams of sodium.



Kid-friendly Veggies and Fruits

Fruity Peanut Butterfly: Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Marinated Salad

4 cups assorted vegetables cut in bite-sized pieces, such as broccoli, carrots, black olives, radishes, cauliflower, celery, cucumbers, cherry tomatoes, etc.
¾ cup Italian salad dressing

1. Place vegetables in a large bowl.
2. Pour salad dressing over vegetables.
3. Mix and store covered in a container in refrigerator until ready to serve.

Recipe Source: NDSU Extension Service,
Expanded Food and Nutrition Education Program

Nutrition Note: This recipe makes 8 servings. Each serving has 40 calories, 2 grams of fat, 1 gram of protein, 5 grams of carbohydrates and 270 mg sodium.

Breastfeeding:



Why breastfeed?

“I chose to breastfeed my baby to bond, and because I felt it is a better choice than formula.”

~ Briana, WIC Breastfeeding Mom from the
Grand Forks Air Force Base

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

Frozen Fruit Cones

1 package (10 ounces) frozen sliced strawberries (in sugar), thawed and undrained
1 can (11 ounces) mandarin oranges (canned in fruit juice), drained and chopped
1 can (8 ounces) pineapple tidbits (canned in fruit juice), undrained
1 cup seedless green grapes, halved
¼ cup frozen orange juice concentrate, thawed
7 ice cream cones
Mini marshmallows

1. In a large non-metal bowl, combine fruit and orange juice concentrate.
2. Cover and freeze until firm.
3. Remove from freezer 1 to 1½ hours before serving.
4. Scoop into ice cream cones and top with small marshmallows.

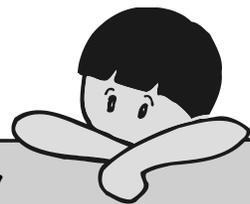
Nutrition Note: This recipe makes 7 fruit cones. Each fruit cone has 130 calories, 0 grams of fat, 1 gram of protein, 34 grams of carbohydrates and 20 milligrams of sodium.

Creating a Stir-Fry

1. Choose a meat: 1 pound chicken, beef or pork cut in small, bite-sized pieces. For uniform cooking, cut the meat into similar-sized pieces.
2. Marinate meat in one of the following: 3 to 4 tablespoons soy sauce, teriyaki sauce, chicken broth or apple juice.
3. Prepare produce: 1 onion cut into wedges; 1 to 2 cloves garlic, minced; and 2 cups fresh vegetables (shredded carrots, shredded cabbage, sliced mushrooms, sliced celery, sliced peppers, zucchini, yellow squash, etc.) or substitute frozen stir-fry vegetables.
4. Make a sauce and a glaze. Sauce: ¼ cup chicken broth, ¼ cup soy sauce, 1 to 2 teaspoons sugar and 2 to 4 teaspoons vinegar. Glaze: 2 teaspoons cornstarch plus 2 tablespoons water or chicken broth.
5. Cook the meat. Turn skillet on high heat and add 1 tablespoon oil and half of the meat. Stir-fry until fully cooked, about two to three minutes. Transfer to a bowl and cover. Stir-fry the remaining meat.
6. Cook the veggies. Add 2 tablespoons oil. Stir-fry onion until tender, add garlic and then remaining vegetables. Cook the vegetables to the desired tenderness.
7. Combine the ingredients. Return the meat to the pan with the veggies. Add sauce and stir gently until everything is coated evenly. Stir in the glaze and stir-fry until the sauce in the pan is glossy and thickened.
8. Serve immediately over rice or noodles.

Note: Use reduced-sodium ingredients (soy sauce, teriyaki sauce and chicken broth) if available.

Recipe Source: NDSU Extension Service,
Pinchin' Pennie\$ in the Kitchen, 7 Steps to Creating a Stir-fry



Turn Off the TV

Set up a sprinkler and let your kids have fun running through it. Try running around the house after every trip through the sprinkler. If you don't have a place to run through the sprinkler, plan a day to go to a local swimming pool this month.

Source: www.headstartbodystart.org

August Seasonal Fruits and Vegetables

Fruits and vegetables bought in season are your best buys. Use your fruit and vegetable check to try some that are seasonal this month.

Apples
Corn
Grapes
Melon
Nectarines
Peaches
Pears
Plums
Tomatoes



Source: NDSU Extension Service, *Buy In Season: Fruit and Vegetable Bargains*



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children North Dakota Department of Health—600 E. Boulevard Avenue., Dept. 301
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GROWING HAPPY FAMILIES



Make Half Your Plate Fruits and Vegetables

Savor the flavor of seasonal fruits and vegetables. Buy those that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys or visit your local farmer's market.