

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2014

Honey Bread Baked Brown Rice Chicken Alfredo with a Twist Baked Oatmeal Brown Rice Salad

Honey Bread

1 cup water
1 tablespoon canola oil
¼ cup honey
1 teaspoon salt
1 cup old fashioned or quick oats
½ cup whole wheat flour (can substitute for ½ cup white flour)
1½ cups white flour
1 packet or 2½ teaspoons yeast



1. Bread Maker Instructions: Place all ingredients in a bread maker. Set on the regular setting and turn on.
2. Oven Instructions: In a large bowl, mix all ingredients together. Place some additional flour on kitchen counter or pastry mat. Put dough on the flour and knead for 5 minutes. Place into a bread pan well coated with nonstick cooking spray. Let rise until double in size. Place in a preheated 400 degree oven for 30 minutes.

Nutrition Note: This recipe makes 10 slices of bread. Each slice has 170 calories, 2.5 grams of fat, 5 grams of protein, 32 grams of carbohydrates and 230 milligrams of sodium.



Kid-friendly Veggies and Fruits

Personalized Pizzas: Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels or pita bread as the crust. Have tomato sauce, low-fat cheese and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then put the pizzas in the oven to warm.

Baked Brown Rice

2 to 2½ cups liquid (water or broth)
1 cup uncooked brown rice
1 tablespoon butter or margarine (optional)

1. Preheat oven to 350 degrees.
2. Bring water or broth just to a boil in a covered saucepan.
3. Carefully combine boiling liquid, rice and butter in a baking dish or pan; stir.
4. Cover tightly and bake for 1 hour.
5. Remove from oven carefully. Fluff with a fork before serving.

Recipe Source: www.usarice.com

Nutrition Note: This recipe makes 6 servings. Each serving has 130 calories, 3 grams of fat, 3 grams of protein, 24 grams of carbohydrates and 25 milligrams sodium.

Breastfeeding:

Why breastfeed?

“I breastfeed because it feels like the only healthy option for my child.”

~ Jessica, WIC Breastfeeding Mom from Bismarck, ND

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



Chicken Alfredo with a Twist

2½ cups whole-wheat rotini pasta, uncooked (10 ounces)
2 cans (10.75 ounces) fat free, reduced sodium cream of chicken soup
1½ cups fat free half and half
¼ teaspoon ground white pepper
⅛ teaspoon garlic powder
⅓ cup grated parmesan cheese
3 cups cooked, diced chicken

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender; do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often.
3. Combine noodles and sauce right before serving.

Recipe Source: Recipes for Healthy Kids Cookbook for Homes, www.TeamNutrition.usda.gov

Nutrition Note: This recipe makes 6 servings. Each serving has 345 calories, 8 grams of fat, 30 grams of protein, 41 grams of carbohydrates and 572 milligrams of sodium.

Baked Oatmeal

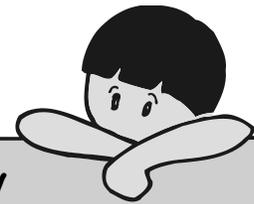
- 1 tablespoon canola oil
- ½ cup unsweetened applesauce
- ¼ cup brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 3 cups old fashioned oats
- 2 teaspoons baking powder
- 1 tablespoon cinnamon
- 1 cup raisins
- ½ cup chopped pecans
- 1½ cups skim or 1% milk

1. Preheat oven to 375 degrees.
2. In a medium-sized bowl, stir together oil, applesauce, brown sugar, eggs and vanilla.
3. In a separate large bowl, stir together oats, baking powder, cinnamon, raisins and pecans. Add egg mixture and stir well.
4. Add milk and stir.
5. Spread evenly into a 9x13-inch pan coated with nonstick cooking spray.
6. Bake for 20 to 25 minutes.
7. Serve warm with yogurt and fruit.

Nutrition Note: This recipe makes 12 servings. Each serving has 210 calories, 7 grams of fat, 5 grams of protein, 34 grams of carbohydrates and 95 milligrams of sodium.



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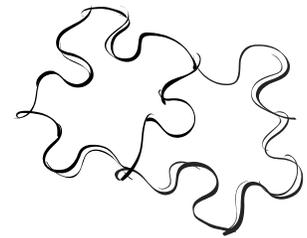
Turn Off the TV

Puzzle Relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle. Continue doing this with other pieces of the puzzle until it is completed.

Source: Head Start Body Start

Brown Rice Salad

- 2 cups frozen green peas
- 1½ cups cooked brown rice
- ¼ cup thinly sliced celery
- 2 green onions, sliced
- ½ cup shredded carrots
- 1½ tablespoons lemon juice
- 1 tablespoon canola or olive oil
- 2 teaspoons Dijon mustard
- Dash of pepper
- ¼ teaspoon salt
- 6 large lettuce leaves or salad greens
- Paprika to taste



1. Cook peas according to package directions. Drain.
2. In a large bowl, mix peas with rice, celery, onions and carrots.
3. In a separate small bowl, stir together lemon juice, oil, mustard, pepper and salt. Pour over rice and vegetables and mix together.
4. Chill before serving over lettuce. Sprinkle with paprika if desired.

Nutrition Note: This recipe makes 6 servings. Each serving has 120 calories, 3 grams of fat, 4 grams of protein, 20 grams of carbohydrates and 190 milligrams of sodium.

GROWING HAPPY FAMILIES



Make Simple Switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels or brown rice instead of white rice.