Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 7

Banana Berry Brain Freeze

Taco Salad

Fruit Wands with Pink Princess Dip or "Swamp Slime"

Veggie Pizza

PB and J Banana Dog

Banana Berry Brain Freeze

4 cups fresh berries such as strawberries and blueberries, frozen or store-bought frozen berries
1 ripe banana, peeled, sliced into small pieces, and frozen
½ cup water
¼ cup 100% fruit juice concentrate (like apple juice), kept frozen

1. Place berries, bananas, water and juice concentrate in a blender or food processor and blend until completely smooth.
2. Serve immediately.

Nutrition Note: This recipe makes 6 servings. Each serving has 70 calories, 0 grams of fat, and 19 grams of carbohydrates.

** Recipe Source: Nutrition in the Kitchen (2nd Edition), Healthy Weight Program, The Children's Hospital of Philadelphia*

Eating Together

Have each family member answer the question "What is your favorite fruit and why?"

Taco Salad

1 pound lean ground beef
2½ cups chopped green pepper
2½ cups salsa
¼ cup chopped fresh cilantro (optional)
5 cups romaine lettuce, chopped
2½ cups diced tomatoes
1¼ cups shredded reduced-fat cheddar cheese
1¼ cups crumbled baked tortilla chips
¼ cup chopped green onions

1. Spray a medium frying pan with cooking spray. Cook ground beef and pepper over medium-high heat. Drain and rinse excess fat.
2. Mix in salsa and cook on low heat for 10 minutes. Mix in cilantro.
3. Place 1 cup lettuce on plates.
4. For each serving, spoon 1 cup beef mixture over lettuce and sprinkle each serving with tomatoes, cheese, chips and onions.

Nutrition Note: This recipe makes 5 servings. Each serving has 360 calories, 14 grams of fat, and 29 grams of carbohydrates.

** Recipe Adapted From: Nutrition in the Kitchen (2nd Edition), Healthy Weight Program, The Children's Hospital of Philadelphia*

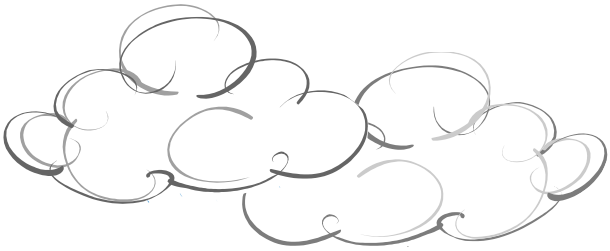
Breastfeeding:

Why breastfeed? "Breastfeeding is a wonderful bonding for both mom and baby. It makes me feel good to know that as a mother I'm giving my baby the best that she deserves. It makes me feel loved as well."

~ WIC Breastfeeding Mom (from the Washington WIC Program)

Fruit Wands with Pink Princess Dip or "Swamp Slime"

1. Put pieces of fruit on a toothpick, skewer, or straw.
2. Cover with plastic wrap and store in the refrigerator until snack time.
3. Serve with low-fat strawberry (Princess Dip) or lime yogurt (Swamp Slime) for dipping.

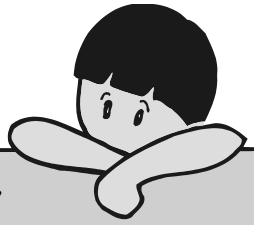


Veggie Pizza

2 packages (8 ounces) reduced-fat crescent rolls
2 packages (8 ounces) fat-free cream cheese, softened
1 cup light mayonnaise
1 package (1 ounce) dry ranch dressing mix
½ - ¾ cup each of chopped veggies such as tomatoes, green peppers, cauliflower, broccoli, olives, cucumbers, carrots, etc.
1 cup shredded reduced-fat cheddar cheese

1. Preheat oven to 375 degrees.
2. Place crescent rolls on greased cookie sheet or pizza pan. Bake for 10 minutes. Cool.
3. Mix the cream cheese, mayonnaise and ranch dressing together. Spread over the cooled crescent roll crust.
4. Arrange veggies over the cream cheese layer.
5. Chill for one hour before serving.

Nutrition Note: This recipe makes 12 servings. Each serving has 300 calories, 11 grams of fat, and 26 grams of carbohydrates.



Turn Off the TV

Sit outside and watch the clouds. Talk about their shapes and what they look like.

PB and J Banana Dog

1 whole wheat hot dog bun
1 ripe banana, peeled and sliced
2 teaspoons peanut butter
1 teaspoon seedless strawberry jam or jelly

1. Spread peanut butter on hot dog bun.
2. Place sliced banana on top.
3. Spread strawberry jam or jelly on top of the banana.
4. Cut dog in half and serve.

Nutrition Note: This recipe makes 2 servings. Each serving has 150 calories, 4 grams of fat, and 28 grams of carbohydrates.

** Recipe Source: Nutrition in the Kitchen (2nd Edition), Healthy Weight Program, The Children's Hospital of Philadelphia*

The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
Dakota Department of Health—Division of Nutrition and Physical Activity, 600 E. Boulevard Ave., Dept. 301, Bismarck, N.D. 58505-0200
800.472.2286, option 1

GROW HAPPY FAMILIES

They learn from watching you.
Eat fruits and veggies and your kids will, too.

How can I help my child eat more fruits and vegetables?

- *Eat together.* Let your child see you enjoying fruits and vegetables at meals and snacks.
- *Take it with you.* Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
- *Share the adventure.* Try new fruits and vegetables together.
- Fix them together. Teach your child to tear lettuce or add veggie toppings to pizza.