



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**JANUARY/FEBRUARY 2022**

## Taco Soup Crispy Apple Smiles Potato Nachos Italian Chopped Salad Quick Skillet Lasagna



### Taco Soup

- 1½ pounds lean ground beef
- ½ cup chopped onion
- 1 can (15.25 ounces) corn, drained
- 2 cups water
- 1 can (8 ounces) tomato sauce, low sodium preferred
- 1 can (15–16 ounces) kidney beans, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes, low sodium preferred
- 1 package taco seasoning mix, low sodium preferred



1. Wash hands with soap and water before preparing the recipe.
2. Brown meat with onions in a large frying pan; drain excess fat.
3. Wash hands and counters with soap and water after handling ground beef.
4. In a large pot, add beef and all remaining ingredients except cheese; stir.
5. Bring to a boil. Reduce heat to medium-low and simmer 5 minutes. Stir occasionally.
6. Serve topped with shredded cheese and crushed tortilla chips.

**Nutrition Note:** This recipe makes 8 servings. Each serving (using low-sodium ingredients) has 260 calories, 9 grams of fat, 21 grams of protein, 23 grams of carbohydrates and 380 milligrams of sodium.



### My Little Helper

Get your child to try new foods by having them help you in the kitchen. Give them small jobs to do and praise their efforts. Small jobs most children can help with include: wiping tables, tearing lettuce or greens, rinsing fruits and vegetables and putting things in the trash.

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Crispy Apple Smiles

- 1 medium apple
- 3 tablespoons peanut butter
- 3 tablespoons crispy rice cereal



1. Wash hands with soap and water before preparing the recipe.
2. Wash, core and cut apple into 8 slices.
3. Spread peanut butter onto each apple slice.
4. Dip apple slice into cereal to coat.

**Nutrition Note:** This recipe makes 8 apple smiles. Each apple smile has 50 calories, 3 grams of fat, 1 gram of protein, 5 grams of carbohydrates and 30 milligrams of sodium.

### Why breastfeed?



“I want to give my baby as many natural nutrients and as much natural protection that I can through breastfeeding, along with the chance to feel that extra bonding and closeness with my little one.”

~ Desiree, WIC Breastfeeding Mom from Fargo

### Potato Nachos

- 1 pound small red potatoes, skins on
- 2 teaspoons vegetable oil or cooking spray
- 8 ounces lean ground beef or turkey
- ½ teaspoon chili powder
- ½ cup shredded cheddar cheese
- 1 cup shredded lettuce
- 1 medium tomato, diced
- ¾ cup peeled and diced cucumber
- ¾ cup salsa
- 1 tablespoon chopped cilantro, optional



1. Wash hands with soap and water.
2. Slice potatoes into small circles, about ¼ inch thick.
3. Lightly coat potato slices with oil (or spray for 3 seconds with cooking spray).
4. Arrange slices on a baking sheet in a single layer. Bake in oven at 450 degrees for 25-30 minutes, depending on desired darkness.
5. Cook ground beef/turkey and chili powder in a skillet over medium heat for 8-10 minutes or until meat is browned.
6. Wash hands and counters with soap and water after handling ground meat.
7. Remove potatoes from oven. Top with ground beef/turkey and sprinkle with cheese. Put back in oven to melt cheese, about 2 minutes.
8. Remove from oven and top with remaining ingredients.

Recipe Source: [www.foodhero.org](http://www.foodhero.org)

**Nutrition Note:** This recipe makes 5 servings. Each serving (using ground beef) has 230 calories, 10 grams of fat, 14 grams of protein, 19 grams of carbohydrates and 400 milligrams of sodium.

## Italian Chopped Salad

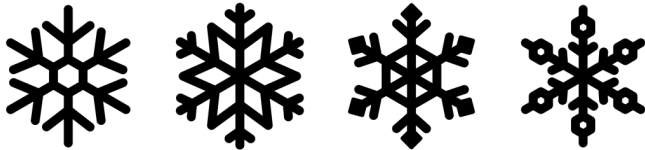
- 1 can (15-16 ounces) chickpeas (garbanzo beans), drained and rinsed
- 8 cups lettuce
- ½ green pepper
- ½ red pepper
- 3 green onions
- ½ cup sliced olives
- 1 cup chopped tomatoes



1. Wash hands with soap and water.
2. Wash and chop all vegetables.
3. Combine all ingredients in a large bowl and top with your family's favorite salad dressing.

Recipe Source: Health eKitchen, [www.wichealth.org](http://www.wichealth.org)

**Nutrition Note:** This recipe makes 8 servings. Each serving has 110 calories, 3 grams of fat, 5 grams of protein, 18 grams of carbohydrates and 190 milligrams of sodium.



## Take a Screen Break!



Shut off the lights and have fun with a flashlight dance. When the flashlight is shined onto a body part, move it in different ways - wiggle, reach, bend and stretch.

## Quick Skillet Lasagna

- 1 pound lean ground beef
- 1 onion, chopped
- 1 clove of garlic, minced, or ¼ teaspoon garlic powder
- 2 cups spaghetti sauce
- ¼ cup chopped fresh parsley or 4 teaspoons dried
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 pint (2 cups) low-fat cottage cheese
- ¾ cup shredded mozzarella cheese
- 6 uncooked lasagna noodles
- ⅓ cup grated parmesan cheese



1. Wash hands and counters with soap and water after handling beef.
2. In a 10-inch skillet or large saucepan, cook ground beef over medium-high heat until browned. Drain excess fat. Add onion and cook until soft.
3. Add garlic, 1 cup spaghetti sauce and herbs. Stir and spread mixture evenly in the skillet.
4. Reduce heat to low, spread cottage cheese over mixture and sprinkle with half of the mozzarella cheese. Top with four noodles, breaking remaining two to fill in open spaces.
5. Pour remaining spaghetti sauce evenly over top of noodles; gently press noodles down to moisten.
6. Cover and simmer 15-20 minutes until noodles are tender. Top with remaining mozzarella and parmesan cheese and simmer 2 more minutes or until cheeses are melted. Let stand covered for 5-10 minutes before serving.

Recipe Source: [www.foodhero.org](http://www.foodhero.org)

**Nutrition Note:** This recipe makes 9 servings. Each serving has 260 calories, 11 grams of fat, 24 grams of protein, 610 milligrams of sodium and 17 grams of carbohydrates.

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The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: [www.health.nd.gov/wic](http://www.health.nd.gov/wic)  
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## Keep Healthy Options Handy

Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.

Check out this video for Healthy Tips to Hack Your Snack - <https://youtu.be/4E29CvGMrU8>

**WIC**  
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