



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**JANUARY 2020**

## Breakfast Bean Burrito Fast and Easy Fruit Salad Oven French Toast Frosted Grapes Chicken Enchilada Rice Bowls

### Fast and Easy Fruit Salad

- 2 medium apples
- 2 bananas
- 1 can (15 ounces) mixed fruit or 1 can (20 ounces) pineapple tidbits, canned in juice
- 1 1/4 cup low-fat or fat-free vanilla yogurt



1. Wash and cut up apples and bananas.
2. Drain canned fruit.
3. In a mixing bowl, add fresh and canned fruit.
4. Add yogurt and mix well.

Note: Can substitute any canned or fresh fruit.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 110 calories, 0.5 grams of fat, 2 grams of protein, 25 grams of carbohydrates and 30 milligrams of sodium.

### Breakfast Bean Burrito

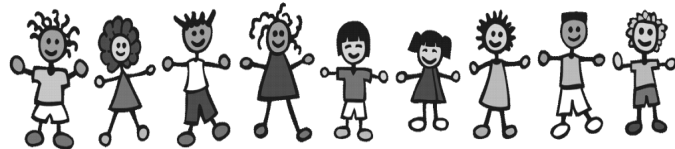
- 1 whole-wheat flour tortilla (10-inch)
- 3/4 cup black beans, drained and rinsed
- 1 scrambled egg
- 1/4 cup shredded cheddar cheese
- 1 tablespoon salsa



1. Lay tortilla on a large microwave-safe plate.
2. Place beans in the center and top with scrambled egg, cheese and salsa.
3. Roll up to form a burrito.
4. Microwave 30-60 seconds.

Recipe Adapted From: Northharvest Beans, [www.beaninstitute.com](http://www.beaninstitute.com)

**Nutrition Note:** This recipe makes 1 burrito. Each burrito has 500 calories, 20 grams of fat, 28 grams of protein, 55 grams of carbohydrates and 960 milligrams of sodium.



## Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "Who is the most important person in the world?" and "Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

### Oven French Toast

- 12 slices whole-wheat bread
- 4 large eggs
- 1 cup fat-free skim or 1% milk
- 1/4 cup packed brown sugar
- 1 teaspoon vanilla



1. Heat oven to 325 degrees. Coat a baking sheet with sides or two 9x13 inch pans with nonstick cooking spray.
2. Lay bread slices flat with sides touching on baking sheet.
3. In a mixing bowl, beat eggs, milk, brown sugar and vanilla until very well blended.
4. Pour mixture over bread. Turn each slice over to ensure both sides are coated with egg mixture.
5. Cover and refrigerate overnight or bake immediately for 30 minutes.
6. Sprinkle lightly with powdered sugar (optional). Top with applesauce, fresh fruit or yogurt.

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

**Nutrition Note:** This recipe makes 6 servings. Each serving has 240 calories, 5 grams of fat, 13 grams of protein, 35 grams of carbohydrates and 300 milligrams of sodium.

IT'S WORTH A TRY!

Try This!  
Plan an indoor picnic with your kids.

## Frosted Grapes

2 pounds seedless grapes, any variety  
1 package (3 ounces) gelatin mix, any variety

1. Wash and remove grapes from stems.
2. Pour gelatin mix onto a plate.
3. Place grapes on the plate and roll around until coated.
4. Freeze for 1 hour to allow the gelatin to set before serving.



**Nutrition Note:** This recipe makes 8 servings. Each serving has 120 calories, 0 grams of fat, 2 grams of protein, 30 grams of carbohydrates and 45 milligrams of sodium.

## Why breastfeed?

"It is beneficial for baby to get the most nutrition possible. I feel breastmilk is a good start to this process."

~ Amy, WIC Breastfeeding Mom from Fargo



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

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Be Legendary.™

## Crock-Pot™ Corner



### Chicken Enchilada Rice Bowls

1 pound boneless, skinless chicken breasts  
1 can (15 ounces) whole kernel corn, drained and rinsed  
1 can (15-16 ounces) black beans, drained and rinsed  
1 can (14.5 ounces) fire roasted diced tomatoes  
1 can (10 ounces) mild enchilada sauce  
2 tablespoons low sodium taco seasoning mix  
2 cups shredded Colby and Monterey Jack cheese  
1½ cups cooked brown rice



1. Spray slow cooker with nonstick cooking spray.
2. Add chicken, corn, beans, tomatoes, enchilada sauce and taco seasoning; mix together.
3. Cover and cook on low for 8 hours or on high for 4 hours.
4. Remove chicken and shred. Return shredded chicken to slow cooker. Stir in 1 cup of cheese.
5. Spoon cooked rice into bowls. Top with enchilada mixture, remaining cheese and any desired toppings.

**Nutrition Note:** This recipe makes 6 servings. Each serving has 490 calories, 15 grams of fat, 40 grams of protein, 48 grams of carbohydrates and 960 milligrams of sodium.



**WANT TO CHANGE THE WORLD?**  
Eat together as a family.



**MEALTIME BLESSINGS**

Nourish mind, body and spirit