



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**FEBRUARY 2020**

## Baked Cinnamon Tortilla Chips Veggie Fried Rice Fruit Crepes Peanut Butter Yogurt Dip Sweet and Sour Pork Chops

### Baked Cinnamon Tortilla Chips

4 whole wheat tortillas (8-inch)  
2 teaspoons butter or margarine, melted or cooking spray  
2 teaspoons cinnamon  
2 teaspoons white sugar



1. Heat oven to 350 degrees.
2. Brush top of tortillas with melted butter/margarine or spray with cooking spray.
3. In a small bowl, combine cinnamon and sugar. Sprinkle each tortilla lightly with the cinnamon mixture.
4. Cut each tortilla into wedges or strips. Arrange the pieces in a single layer on a baking sheet.
5. Bake until the edges are dry and crispy, about 8-12 minutes. Watch closely to avoid burning.
6. Allow to cook and remove from pan. Chips will crisp more as they cool.
7. Serve with dip such as fruit salsa or yogurt.

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

**Nutrition Note:** This recipe makes 4 servings. Each serving has 150 calories, 4.5 grams of fat, 4 grams of protein, 23 grams of carbohydrates and 340 milligrams of sodium.



### Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "What color is your hair?", "Do you like that color?", "Why/why not?"

Source: Mealtime Blessings, Chickasaw Nation WIC

### Veggie Fried Rice

2 teaspoons plus 2 tablespoons vegetable oil  
2 large eggs, lightly beaten  
1 package (12-16 ounces) frozen peas and carrots, thawed  
3 cups cold cooked brown rice  
¼ cup soy sauce, low sodium preferred



1. In a large skillet, heat 2 teaspoons oil over medium-high heat.
2. Add eggs and scramble, then break up scrambled eggs into small pieces. Remove from skillet and set aside.
3. Heat 2 tablespoons oil in skillet. Add peas and carrots and cook for 3 minutes.
4. Add rice and soy sauce and cook 3-5 minutes, or until heated through, stirring frequently.
5. Stir in scrambled egg pieces and cook 1-2 minutes, or until heated through.

**Nutrition Note:** This recipe makes 4 servings. Each serving (using low sodium soy sauce) has 250 calories, 9 grams of fat, 8 grams of protein, 35 grams of carbohydrates and 470 milligrams of sodium.



**Try This!**  
Invite your kids to a dance party.

### Fruit Crepes

2 large eggs  
¼ cup fat-free skim or 1% milk  
2 tablespoons white sugar  
¼ teaspoon cinnamon  
¼ teaspoon vanilla extract  
8 whole-wheat tortillas (8-inch)  
2 cups fresh mixed berries  
1 cup whipped topping



1. In a medium bowl, whisk eggs, milk, sugar, cinnamon and vanilla until well blended.
2. Heat a large skillet or griddle over medium heat and lightly coat with cooking spray.
3. Dip each tortilla into egg mixture and let soak 15 seconds, coating completely. Place each tortilla in skillet and cook 2-3 minutes or until golden brown, turning halfway through cooking. Set aside on a plate. Repeat with remaining tortillas.
4. Divide berries equally down the center of each tortilla. Fold in sides and top with whipped topping. Repeat with remaining tortillas.

**Nutrition Note:** This recipe makes 8 crepes. Each crepe has 200 calories, 6 grams of fat, 6 grams of protein, 31 grams of carbohydrates and 340 milligrams of sodium.

### Peanut Butter Yogurt Dip

3 tablespoons peanut butter  
6 ounces plain or vanilla fat-free or low-fat yogurt  
¼ teaspoon cinnamon  
Assorted fresh fruit, washed and sliced

1. In a small mixing bowl, combine peanut butter, yogurt and cinnamon.
2. Serve with assorted sliced fresh fruit.



**Nutrition Note:** This recipe makes 8 servings. Each serving with ½ cup fruit has 150 calories, 3.5 grams of fat, 3 grams of protein, 30 grams of carbohydrates and 40 milligrams of sodium.

### Why breastfeed?

"I feel it is beneficial for my baby to get the most nutrition possible, and breast milk 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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## Crock-Pot™ Corner



### Sweet and Sour Pork Chops

5 pork chops, fat trimmed  
¼ cup brown sugar  
1 teaspoon ground ginger  
2 tablespoons soy sauce, low sodium preferred  
¼ cup ketchup  
½ teaspoon minced garlic  
¼ teaspoon black pepper



1. Place pork chops in a slow cooker.
2. Combine remaining ingredients in a small mixing bowl. Pour over pork chops.
3. Cook on low for 6 hours.
4. Serve with brown rice.

Note: Boneless, skinless chicken breasts can be used instead of pork chops.

**Nutrition Note:** This recipe makes 5 servings. Each serving (with low sodium soy sauce) has 520 calories, 23 grams of fat, 58 grams of protein, 16 grams of carbohydrates and 510 milligrams of sodium.



Children spell  
love...  
T-I-M-E.

Children spell love...T-I-M-E.

Moms spell family meals...  
P-O-W-E-R.

Gathering the family around the table allows children to feel loved and moms to feel powerful, and that spells...  
S-U-C-C-E-S-S.



**MEALTIME BLESSINGS**

Nourish mind, body and spirit