



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**MARCH/APRIL 2022**

**Potato Soup**  
**Brown Bag Fruit Mix**  
**Texas Breakfast Scramble**  
**Sweet Cinnamon O's Bars**  
**Mystery Muffins**



## Brown Bag Fruit Mix

- 1 cup diced apple, unpeeled
- 1 cup sliced banana
- 1 cup grapefruit sections, cut up
- 4 tablespoons grapefruit or pineapple juice
- $\frac{2}{3}$  cup grapes, halved
- $\frac{2}{3}$  cup pineapple tidbits, juice packed, drained



1. Wash hands with soap and water.
2. In a large bowl, mix apple, banana and grapefruit sections with juice to prevent darkening.
3. Add grapes and pineapple.
4. Chill before serving.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 120 calories, 0 grams of fat, 1 gram of protein, 31 grams of carbohydrates and 0 milligrams of sodium.

## Potato Soup

- 6 potatoes, cubed
- 1 carrot, sliced
- 1 stalk celery, sliced
- 2 onions, chopped
- 5 cups chicken broth, low-sodium preferred
- 1 can (12 ounces) fat free evaporated milk
- Optional spices: black pepper and  $\frac{1}{4}$  teaspoon cloves
- Optional toppings: chives, shredded cheese (any flavor)



1. Wash hands with soap and water.
2. In a large soup kettle or stockpot, add all ingredients except optional toppings. Cover and cook for an hour or until the vegetables are tender.
3. Top with optional toppings if desired.

**Nutrition Note:** This recipe makes 6 servings. Each serving (without optional spices and toppings) has 240 calories, 0 grams of fat, 12 grams of protein, 49 grams of carbohydrates and 560 milligrams of sodium.

## Why breastfeed?



"I have always wanted to be the best mom I can be. I feel like breastfeeding helps me do that."

*~ Jennifer, WIC Breastfeeding Mom from Bismarck*

## Texas Breakfast Scramble

- 1 tablespoon oil
- 2 medium potatoes, cubed
- 1 green pepper, diced
- 1 red pepper, diced
- 4 eggs
- $\frac{1}{2}$  cup shredded cheddar cheese
- Salt and pepper to taste
- 4 corn tortillas



1. Wash hands with soap and water.
2. Heat oil in a skillet.
3. Sauté potatoes for 2-3 minutes; cover and cook until soft.
4. Add peppers and sauté for 2-3 minutes.
5. In a bowl, whisk eggs and pour over the potato and pepper mixture.
6. Add cheese, salt and pepper and scramble until eggs are done.
7. Serve with corn tortillas and salsa, if desired.

Recipe Source: Texas WIC Program, Check out the recipe video at this link—<https://texaswic.org/recipes/texas-breakfast-scramble>

**Nutrition Note:** This recipe makes 4 servings. Each serving has 347 calories, 17 grams of fat, 15 grams of protein, 37 grams of carbohydrates and 271 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: hand items to adults to put away (such as after grocery shopping) and make "faces" out of pieces of fruits and vegetables.

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

## Sweet Cinnamon O's Bars

- 1 cup chunky peanut butter
- ¾ cup honey
- 2 teaspoons cinnamon
- 6 cups whole grain O cereal



1. Wash hands with soap and water.
2. Line a 9x13 inch pan with plastic wrap, parchment paper or wax paper, so the edges are hanging over the side of the pan.
3. In a medium saucepan, combine peanut butter, honey and cinnamon over medium heat. Stir frequently using a wooden spoon until mixture begins to bubble (2-3 minutes). Remove from heat.
4. Mix in cereal, stir lightly until well combined.
5. Pour mixture into pan, spreading out using a spoon.
6. Wrap extra edges of plastic wrap over top of the bars, pressing down lightly.
7. Chill in the refrigerator for 2 hours before serving.

Note: Do not serve foods with honey to infants under 1 year of age.

Recipe Source: WIC Shopper app

**Nutrition Note:** This recipe makes 24 bars. Each bar has 120 calories, 6 grams of fat, 4 grams of protein, 15 grams of carbohydrates and 75 milligrams of sodium.

## Take a Screen Break!



Using paper plates as pretend stones, make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make-believe stones.

## Mystery Muffins

- 1½ cups all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup white sugar
- 2 large eggs
- 1 cup 1% or fat free skim milk
- ½ teaspoon vanilla
- 2 tablespoons oil
- 2 tablespoons unsweetened applesauce
- 12 pieces of your favorite fresh, frozen or canned fruit, such as 12 medium strawberries, 12 1-inch banana chunks, 12 pitted cherries or 12 peach slices
- 2-3 tablespoons white sugar



1. Wash hands with soap and water.
2. Heat oven to 350 degrees. Coat a muffin pan with nonstick cooking spray or line with paper muffin liners.
3. Mix flour, baking powder, baking soda, salt and ¼ cup sugar in a large bowl.
4. Combine eggs, milk, vanilla, oil and applesauce in a separate bowl. Mix well.
5. Add egg mixture to flour mixture. Stir just until blended.
6. Fill muffin cups ½ full with batter. Roll each piece of fruit in a small amount of sugar. Use your finger to punch fruit down into the batter in each cup.
7. Bake for 20 minutes or until lightly browned. Let cool 5 minutes. Remove muffins from pan and cool completely.

Recipe Source: Minnesota WIC Program

**Nutrition Note:** This recipe makes 12 muffins. Each muffin has 130 calories, 3.5 grams of fat, 3 grams of protein, 200 milligrams of sodium and 21 grams of carbohydrates.



The Pick-WIC Paper is created 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)  
This institution is an equal opportunity provider.

## Make it a combo!

Combine food groups to build satisfying snacks: yogurt and berries, apples with nut butter, or whole-grain crackers with turkey and avocado. Be creative!



**WIC recipes @ your fingertips**

Health eKitchen  
wichealth.org