



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

MARCH 2020

Sweet Coleslaw Salad Tuna Quesadillas One-Pan Chicken Alfredo White Chocolate Orange Pudding Beef Stew

Sweet Coleslaw Salad

- 1 medium head of cabbage
- 2 carrots
- 2 green peppers, seeded and diced
- 4 stalks celery, diced
- 1 red pepper, seeded and diced



Salad Dressing: ¼ cup fat-free skim or 1% milk, ½ cup low-fat salad dressing (like Miracle Whip), 1 tablespoon white vinegar and 2 tablespoons sugar

1. Wash all vegetables.
2. In a food processor, shred cabbage and carrots or use bagged shredded cabbage and carrots.
3. In a large bowl, combine all vegetables.
4. In a small bowl, combine dressing ingredients. Pour over vegetables.
5. Refrigerate before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 80 calories, 2.5 grams of fat, 2 grams of protein, 13 grams of carbohydrates and 135 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "Do you like your name?" and "What do you like best/least about it?".

Source: Mealtime Blessings, Chickasaw Nation WIC

Tuna Quesadillas

- 1 can (5 ounces) tuna in water, drained
- ½ cup corn kernels (fresh, cooked or frozen)
- ½ cup bell pepper, washed, seeded and diced
- ½ cup shredded cheese, any variety
- 4 whole-wheat tortillas (8-inch)



1. In a bowl, mix tuna, corn, bell pepper and cheese.
2. Spread ¼ of the filling over half of each tortilla. Fold tortilla in half over the filling.
3. Heat each quesadilla in a skillet over medium heat until the cheese is melting.
4. Turn the quesadilla over and cook for an additional 30 seconds to 1 minute.

Recipe Source: Food Hero, www.foodhero.org

Nutrition Note: This recipe makes 4 quesadillas. Each quesadilla has 250 calories, 9 grams of fat, 15 grams of protein, 29 grams of carbohydrates and 540 milligrams of sodium.



Try This!
Use your fruit and vegetable check to buy your kids' snacks.

One-Pan Chicken Alfredo

- 1 large chicken breast, cubed (about 1 cup)
- 2 tablespoons oil
- 2 tablespoons flour
- 1¾ cups chicken broth, low sodium preferred
- 1¾ cups fat-free or 1% milk
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried basil
- 3 cups dry whole-wheat penne pasta
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup grated parmesan cheese



1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil. Cover, reduce heat and simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover and cook until broccoli is tender.
5. Remove from heat and stir in cheese.

Recipe Source: Food Hero, www.foodhero.org

Nutrition Note: This recipe makes 8 servings. Each serving has 220 calories, 8 grams of fat, 15 grams of protein, 22 grams of carbohydrates and 320 milligrams of sodium.

White Chocolate Orange Pudding

- 3 cups fat-free skim or 1% milk
- 2 packages (3.3 ounces each) instant white chocolate pudding
- 4 cups light or fat-free frozen whipped topping, thawed
- 1½ teaspoons grated orange peel



- Put milk in a large bowl, then add pudding mix. Beat with a wire whisk for 1 minute.
- Gently stir in whipped topping and orange peel.
- Refrigerate until serving.

Nutrition Note: This recipe makes 12 servings. Each serving has 140 calories, 3.5 grams of fat, 3 grams of protein, 23 grams of carbohydrates and 270 milligrams of sodium.

Why breastfeed?

"I'm choosing to breastfeed my baby for her future health."



~ Fatima, 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



Crock-Pot™ Corner



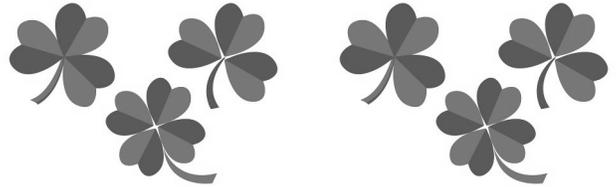
Beef Stew

- 2 pounds beef stew meat, cut into 1-inch cubes
- 3 stalks celery, diced
- 5 carrots, diced
- 4 potatoes, peeled and cubed
- 1 large onion, peeled and diced
- 1 can (14.5 ounces) diced tomatoes, low sodium preferred
- 1 can (10.5 ounces) cream of mushroom soup, low fat and low sodium preferred
- 1 bay leaf



- Wash all vegetables, then prepare as listed above.
- Place all ingredients in a slow cooker and mix together.
- Cover and cook on low 10-12 hours or 5-6 hours.

Nutrition Note: This recipe makes 9 servings. Each serving (with low sodium tomatoes and soup) has 380 calories, 14 grams of fat, 34 grams of protein, 27 grams of carbohydrates and 560 milligrams of sodium.



MEALTIME BLESSINGS

Chew on This

Regular family meals provide opportunities to develop better communication.