



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

APRIL 2020

Pasta Salad with Veggies Fajita Chicken Sheet Meal 5 Minute Key Lime Pie Dipped Berries Scalloped Potatoes and Ham

Pasta Salad with Veggies

- 2 cups chopped fresh vegetables (broccoli, carrots, etc.)
- 1 tomato, diced
- 2 cups cooked whole-wheat/whole-grain pasta
- 1 cup garbanzo beans (cooked if using dry, drained and rinsed if using canned)
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- 1/2-1 cup low-fat Italian salad dressing, as desired
- 1/2 cup cubed or shredded cheddar cheese



1. Wash hands with soap and water.
2. Gently rub vegetables under cold running water before chopping/dicing.
3. In a large bowl, mix all ingredients together.
4. Cool in the refrigerator until ready to serve.
5. Before serving, top with cheddar cheese.

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 9 grams of fat, 8 grams of protein, 29 grams of carbohydrates and 390 milligrams of sodium.

Fajita Chicken Sheet Meal

- 2 bell peppers
- 1 onion
- 3 boneless, skinless chicken breasts
- 2 tablespoons vegetable oil
- 1 packet taco seasoning, low sodium preferred



1. Heat oven to 425 degrees.
2. Wash hands with soap and water.
3. Gently rub vegetables under cold running water, then slice into strips.
4. Cut chicken into strips. Do not rinse raw chicken. Wash counter and then hands with soap and water after cutting raw chicken.
5. Toss chicken and vegetables with oil and seasoning in a bowl. Pour on a metal baking sheet.
6. Roast for 25-35 minutes, stirring a couple of times. Cook until internal temperature reaches 165 degrees on food thermometer.
7. Serve in whole-wheat tortillas with shredded cheese and salsa.

Recipe Source: Nutrition Matters, <https://stores.numatters.com/nubite-tipsheets/>

Nutrition Note: This recipe makes 8 servings. Each serving with a whole-wheat tortilla has 240 calories, 8 grams of fat, 14 grams of protein, 27 grams of carbohydrates and 510 milligrams of sodium.



Try This!
Make a recipe from this newsletter.

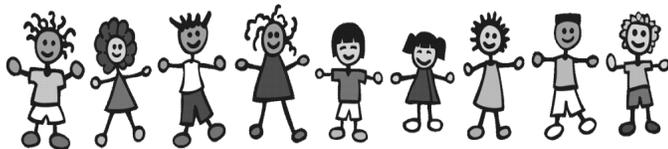
5 Minute Key Lime Pie

- 1 package (3 ounces) lime-flavored gelatin
- 1/4 cup boiling water
- 12 ounces fat-free or low-fat key lime yogurt
- 4 cups light or fat-free frozen whipped topping, thawed
- 1 graham cracker crust



1. Wash hands with soap and water.
2. In a large glass bowl, place gelatin, then add boiling water to dissolve gelatin.
3. Stir in yogurt with a wire whisk.
4. Fold in whipped topping with a wooden spoon. Spread onto crust.
5. Refrigerate overnight or at least 2 hours.
6. Refrigerate any leftovers.

Nutrition Note: This recipe makes 8 servings. Each serving has 250 calories, 9 grams of fat, 3 grams of protein, 39 grams of carbohydrates and 160 milligrams of sodium.



Great Mealtimes Conversations Start Here

Reconnect with those you love at mealtimes. Ask your children a question such as "What animals can you sound like?" Then have them imitate those animal sounds.

Source: Mealtimes Blessings, Chickasaw Nation WIC

Dipped Berries

1. Wash hands with soap and water.
2. Rinse strawberries, blueberries and raspberries under cold running water.
3. Dip berries in flavored yogurt.
4. Place berries on a tray and put in the freezer overnight.
5. Store frozen berries in freezer bags.



Recipe Source: Nutrition Matters, <https://stores.numatters.com/nubite-tipsheets/>

Why breastfeed?

"I wanted to bond with my daughter in a way that is unique for us. She has forever to be a big girl but only so long to be my baby."



~ Kyeree, WIC Breastfeeding Mom from Minot AFB

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

NORTH
Dakota | Health **wic** NORTH DAKOTA
Be Legendary.™

Crock-Pot™ Corner



Scalloped Potatoes and Ham



- 6-8 large potatoes
- 1 ham steak (1½ pounds), cubed or 2 cups cubed ham
- 1 can (10½ ounces) cream of mushroom soup, low fat and low sodium preferred
- 1 small onion or 1 teaspoon onion powder
- 4 ounces shredded cheddar cheese, optional

1. Wash hands with soap and water.
2. Scrub potatoes with a clean vegetable brush under running water.
3. Slice potatoes into ¼-inch pieces.
4. Spray slow cooker with nonstick cooking spray.
5. Layer potatoes and ham in slow cooker. Salt and pepper each layer.
6. In a small bowl, mix soup, water (fill soup can), onion and cheese. Pour over potatoes and ham.
7. Cover and cook for about 2 hours on high then an additional 2 hours on low.

Nutrition Note: This recipe makes 8 servings. Each serving (with low fat and low sodium soup) has 240 calories, 3 grams of fat, 13 grams of protein, 40 grams of carbohydrates and 610 milligrams of sodium.



One of life's
**GREATEST
PLEASURES**
is spending time
with people you
LOVE.

Cook together. Eat together.
Today is a great day to make a
memory together.



**MEALTIME
BLESSINGS**

Nourish mind, body and spirit