



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**MAY/JUNE 2022**

**Family Salad Platter  
Fruit Smoothie  
Fruit Quesadillas  
Tortilla Casserole  
Egg Roll in a Bowl**



## Family Salad Platter

Use a large plate to set out groups of colorful vegetables. At mealtime, pass the platter around the table. Everyone can choose the foods for their own salad. Let your child serve veggies onto their plate.



Make vegetables safe and easy for your child to eat:

- Slice tomatoes into 2 or 4 small pieces.
- Microwave or steam raw vegetables like carrots and broccoli until slightly soft.
- Roast pea pods and broccoli.
- Shred raw vegetables like carrots.
- Cut vegetables into thin strips or tiny pieces that are easy to bite and chew.

Recipe Source: [Nutrition Matters, Inc.](https://www.nutritionmatters.com/)



## 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. Jobs most preschool children can help with include: adding ingredients, stirring batters, naming and counting foods and helping "read" a cookbook by turning the pages.

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

## Fruit Smoothie

- 1 banana
- 2 cups frozen strawberries (without added sugar)
- ¾ cup fat-free or 1% milk
- 8 ounces low-fat vanilla yogurt

1. Combine all ingredients in a blender and process until smooth.

Note: Any fruit can be used like mangoes, peaches or blueberries. If using all fresh fruit, try blending ice cubes to thicken it. Soy milk or 100% fruit juice can be used instead of milk.

Recipe Video: <https://texaswic.org/recipes/fruit-smoothie>

**Nutrition Note:** This recipe makes 3 servings. Each serving has 164 calories, 2 grams of fat, 6 grams of protein, 31 grams of carbohydrates and 77 milligrams of sodium.

## Why breastfeed?



*"I wanted to breastfeed because my mom and sister did. They said it was the best thing I could do."*

*~ Angela, WIC Breastfeeding Mom from Bismarck*

## Fruit Quesadillas

- 3 apples, cored and diced
- 2 bananas, peeled and diced
- 1 cup fresh strawberries, diced
- 2 teaspoons cinnamon (optional)
- 10 tablespoons peanut butter
- 10 whole-wheat tortillas, 8 inch



1. Wash hands with soap and water.
2. Heat skillet over medium-high heat.
3. In a large bowl, mix apple, banana, strawberries and cinnamon.
4. Spread 1 tablespoon peanut butter on half of tortilla.
5. Top with ¾ cup fruit mixture. Fold in half. If desired, spray sides of tortillas with cooking spray.
6. Toast each side in skillet until golden brown.
7. Cut into wedges and serve warm.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 220 calories, 6 grams of fat, 6 grams of protein, 38 grams of carbohydrates and 220 milligrams of sodium.

## Tortilla Casserole

1 pound lean ground beef or turkey  
1 teaspoon garlic powder  
2 teaspoons chili powder  
2 cups enchilada or taco sauce  
18 corn tortillas  
2½ cups shredded cheese, any variety  
1 can (16 ounces) fat-free refried beans  
Optional toppings: lettuce, tomato, peppers, sour cream

1. Wash hands with soap and water.
2. Heat oven to 400 degrees.
3. In a skillet, add ground meat, garlic and chili powder and cook on medium heat until fully cooked.
4. Wash hands and counters with soap and water after handling ground meat.
5. Add ¼ cup sauce and mix well. Remove from heat.
6. Coat a 9x13 inch casserole dish with cooking spray.
7. Pour ¼ cup sauce onto bottom of dish, spreading evenly. Place 6 tortillas overlapping across the dish.
8. Add 1 cup of cheese in a layer, then half the meat, then half the can of beans in small amounts.
9. Add 6 more tortillas, then spread ½ cup of sauce.
10. Add 1 cup cheese, then remaining meat and beans.
11. Add 6 more tortillas, then remaining sauce and spread evenly. Be sure to cover the edges.
12. Sprinkle with remaining cheese and cover with foil. Bake for 18 minutes. Remove foil and bake for 5 more minutes.
13. Let dish sit for 3 minutes before cutting and serving.
14. Add optional toppings if desired.

Recipe Source: [Texas WIC Program](#)

**Nutrition Note:** This recipe makes 10 servings. Each serving has 340 calories, 15 grams of fat, 20 grams of protein, 30 grams of carbohydrates and 640 milligrams of sodium.



### Take a Screen Break!

Take your child to a park and have them keep moving for 15 minutes without stopping by running, climbing, jumping and swinging.

## Egg Roll in a Bowl

1 tablespoon vegetable oil  
1 tablespoon fresh ginger, diced or ¼ teaspoon ground ginger  
1 tablespoon fresh garlic, chopped (3 cloves) or ¼ teaspoon garlic powder  
1 pound lean ground beef, turkey or pork  
1 bag (8 ounces) shredded cabbage  
½ bag (5 ounces) shredded carrots  
¼ cup water  
¼ cup soy sauce, low-sodium preferred  
3 green onions, chopped  
2 cups chow mein noodles or cooked brown rice

1. Wash hands with soap and water.
2. Combine oil, fresh ginger and garlic in a large skillet.
3. Cook on low heat until ginger and garlic are tender, about 2 minutes. (Skip steps 2 and 3 if using ground ginger and garlic. Just add after step 4.)
4. Add ground meat. Cook on medium heat until meat is fully cooked.
5. Wash hands and counters with soap and water after handling ground meat.
6. Add cabbage, carrots and water.
7. Cover pan with lid and reduce heat to medium low; let veggies slowly steam and soften for about 2 minutes. Remove lid and stir. Drain excess water.
8. Add soy sauce and mix well.
9. Sprinkle with green onions and top with chow mein noodles.

Recipe Source: [Texas WIC Program](#)

**Nutrition Note:** This recipe makes 4 servings. Each serving (using low-sodium soy sauce and brown rice) has 460 calories, 17 grams of fat, 29 grams of protein, 550 milligrams of sodium and 50 grams of carbohydrates.

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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)  
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## Prep Ahead

Wash and cut fresh vegetables and portion them into reusable containers, so they're ready to grab and go. Many veggies can be prepped like this such as carrots, celery, bell peppers, broccoli.



WIC recipes @ your fingertips  
Health eKitchen  
wichealth.org