



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**MAY 2020**

## Baked Chimichangas Fabulous Fruit Muffins Stir-Fried Broccoli Frozen Yogurt Banana Pops Cheesy Chicken Tater Tot Casserole

### Baked Chimichangas

- 1 bag (16 ounces) shredded coleslaw
- 1 can (15-16 ounces) black or pinto beans, low sodium preferred
- 1 cup shredded cheddar cheese
- 1½ cups salsa
- 1 can (7 ounces) diced green chiles
- 1 can (2.25 ounces) sliced ripe olives
- 8 whole-wheat tortillas
- 8 teaspoons light sour cream (optional)



1. Wash hands with soap and water.
2. Heat oven to 375 degrees.
3. In a large bowl, combine coleslaw, beans, cheese, salsa, green chiles and olives. Mix well.
4. Spread mixture equally on each tortilla. Fold edges in and turn under. Place seam side down on two baking sheets.
5. Bake about 15 minutes until crisp and lightly browned.
6. Top with 1 teaspoon sour cream and salsa.

**Nutrition Note:** This recipe makes 8 chimichangas. Each serving (using low-sodium beans) has 280 calories, 10 grams of fat, 12 grams of protein, 40 grams of carbohydrates and 1000 milligrams of sodium.

### Fabulous Fruit Muffins

- 1¼ cups all-purpose flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup buttermilk
- 2 tablespoons butter or margarine, melted
- 1 egg, slightly beaten
- ½ teaspoon vanilla extract
- 1 cup frozen fruit, any variety, coarsely chopped



1. Wash hands with soap and water. Heat oven to 400 degrees.
2. Spray a muffin tin with nonstick cooking spray or line with paper liners.
3. In a large bowl, combine flour, sugar, baking powder and baking soda. Stir well until all ingredients are blended.
4. In another bowl, combine buttermilk, butter, egg and vanilla. Pour this mixture into the dry ingredients.
5. Using a large spoon, gently stir ingredients just until moist (do not overmix). Add fruit and stir gently (do not overmix).
6. Spoon batter evenly into 9 muffin cups.
7. Bake for 20-25 minutes or until golden brown.

Note: Buttermilk can be substituted for 1 cup plain yogurt or 1 tablespoon white vinegar plus enough milk to fill 1 cup.

Recipe Source: Choose MyPlate Kitchen, <https://www.choosemyplate.gov/myplatekitchen/recipes>

**Nutrition Note:** This recipe makes 9 muffins. Each muffin has 133 calories, 3 grams of fat, 3 grams of protein, 22 grams of carbohydrates and 175 milligrams of sodium.

IT'S WORTH A TRY!

Try This!  
Go screen-free  
for one day.



## Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children a question such as "How fast can you talk?" Then have them say something quickly.

Source: Mealtime Blessings, Chickasaw Nation WIC

### Stir-Fried Broccoli

- 3 cups chopped fresh broccoli
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- Dash of salt and black pepper
- Shredded cheddar cheese (optional)



1. Wash hands with soap and water.
2. Place broccoli in a skillet. Add ¼ inch of water. Cook over medium high heat until the water is gone and broccoli is crisp and tender, about 4-5 minutes.
3. Add olive oil. Stir and cook until broccoli has some brown spots, about 2 minutes.
4. Season with garlic powder, salt and black pepper. Sprinkle with shredded cheddar cheese.

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

**Nutrition Note:** This recipe makes 6 servings. Each serving has 30 calories, 2.5 grams of fat, 1 gram of protein, 2 grams of carbohydrates and 10 milligrams of sodium.

## Frozen Yogurt Banana Pops

3 large bananas  
¾ cup low-fat or fat-free yogurt, any flavor  
½ cup crisp rice-type cereal  
Popsicle sticks (optional)



1. Wash hands with soap and water. Rinse bananas before peeling.
2. Peel bananas and cut in half.
3. Push a popsicle stick through the bottom of each banana half.
4. Place the yogurt on a plate. Roll each banana in yogurt. Then roll banana in cereal.
5. Place bananas on a baking sheet lined with wax or parchment paper. Freeze for 1-2 hours or until frozen.

**Nutrition Note:** This recipe makes 6 pops. Each pop has 90 calories, 0 grams of fat, 2 grams of protein, 19 grams of carbohydrates and 30 milligrams of sodium.



## Why breastfeed?

"I heard about all the wonderful benefits it provides to mom and baby, and I would love to provide those benefits to my baby."

~ Brianna, WIC Breastfeeding Mom from Fargo



## Crock-Pot™ Corner



### Cheesy Chicken Tater Tot Casserole

1 bag (32 ounces) frozen tater tots  
1 bag (3 ounces) bacon pieces  
1 pound boneless, skinless chicken breasts, cut into bite-sized pieces  
8 ounces shredded cheddar cheese  
¾ cup fat-free skim or 1% milk  
¼ teaspoon black pepper



1. Wash hands with soap and water before preparing the recipe and after cutting up chicken. Wash cutting board, counters and knife after touching raw chicken.
2. Spray slow cooker with nonstick cooking spray.
3. Place all ingredients in the slow cooker.
4. Cover and cook on low for 4-6 hours or until chicken reaches an internal temperature of 165 degrees on a food thermometer.

**Nutrition Note:** This recipe makes 10 servings. Each serving has 350 calories, 19 grams of fat, 22 grams of protein, 23 grams of carbohydrates and 850 milligrams of sodium.

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](http://www.health.nd.gov/wic)

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MEALTIME  
BLESSINGS

To encourage healthy eating in their children, parents need to be warm and engaged, rather than controlling and restrictive at family mealtime.

Chew  
on This

