Peanut Butter Wrap-Ups

Citrus Cucumber Flavored Water

Tuna Veggie Melt

Crispy Honey Mustard Chicken

Vegetable Pasta Salad

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 children can help with include: rinsing and rubbing fruits and vegetables under cool running water and using a colander to rinse canned beans under cool running water.

Citrus Cucumber Flavored Water

1 large lemon
1 large lime
1 large orange
1 large cucumber
8 cups cold water

1. Wash hands with soap and water.
2. Scrub all fruits and cucumber thoroughly under running water.
3. Cut citrus fruits into thin slices (with or without peeling) and add to a pitcher.
4. Peel cucumber, cut into thin slices (with or without peeling) and add to pitcher.
5. Add water and stir well.
6. Refrigerate for 2 hours before serving. Store in the refrigerator and drink within 2 days for best quality.

Peanut Butter Wrap-Ups

4 whole-wheat tortillas
½ cup peanut butter
4 bananas, peeled
¼ cup whole-grain cereal

1. Wash hands with soap and water.
2. Spread each tortilla with 2 tablespoons peanut butter.
3. Sprinkle 1 tablespoon cereal onto the peanut butter.
4. Place a banana on the edge of the tortilla and roll up.
5. Slice each tortilla in half before serving.

Nutrition Note: This recipe makes 8 wraps. Each wrap has 220 calories, 10 grams of fat, 6 grams of protein, 29 grams of carbohydrates and 230 milligrams of sodium.

Tuna Veggie Melt

1 can (5 ounces) tuna in water, drained
¼ cup celery, chopped (about 1 stalk)
1 green onion, sliced
½ cup carrot, grated
1 tablespoon mayonnaise
¼ teaspoon black pepper
3 whole-wheat English muffins or buns or 6 slices whole-wheat bread
½ cup shredded cheddar cheese

1. Wash hands with soap and water.
2. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
3. Top each muffin half with tuna mixture and cheese.
4. Broil until cheese melts (about 3 minutes) or microwave to melt the cheese.

Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, 11 grams of fat, 18 grams of protein, 30 grams of carbohydrates and 560 milligrams of sodium.

Recipe Source: www.foodhero.org
Crispy Honey Mustard Chicken

¾ cup honey mustard dressing
⅛ teaspoon salt
⅛ teaspoon black pepper
1 cup corn flake crumbs
6 boneless, skinless chicken breasts (4 ounces each)

1. Wash hands with soap and water.
2. Heat oven to 425 degrees.
3. Coat a 9x13 inch baking pan with nonstick cooking spray.
4. In a small bowl, combine dressing, salt and pepper. Remove ⅓ cup of dressing mixture and set aside.
5. Place corn flake crumbs in another small bowl.
6. Dip each chicken breast into dressing mixture, then coat in corn flake crumbs and place in pan.
7. Wash hands and counters with soap and water after handling chicken.
8. Bake for 25-30 minutes or until chicken reaches an internal temperature of 165 degrees with a food thermometer.
9. Drizzle remaining dressing mixture (that was set aside) over chicken breasts before serving.

Note: Do not serve to children under 1, as this recipe contains honey.

Nutrition Note: This recipe makes 6 servings. Each serving has 250 calories, 11 grams of fat, 26 grams of protein, 8 grams of carbohydrates and 370 milligrams of sodium.

Vegetable Pasta Salad

8 ounces whole-wheat pasta, uncooked
4 cups chopped vegetables (such as 1 cup cucumber, 1 cup bell pepper, ⅛ cup corn, 1 cup tomatoes, ⅛ cup green onions)
1 cup canned kidney or black beans, drained and rinsed
3 tablespoons red wine vinegar
4 tablespoons olive or canola oil
Salt and pepper to taste

1. Wash hands with soap and water.
2. Cook pasta according to directions, drain.
3. In a small bowl, whisk together vinegar and oil.
4. Combine all ingredients in a large bowl and gently mix to combine.
5. Chill and serve.

Recipe Source: Texas WIC Program. Check out the recipe video at this link—https://texaswic.org/recipes/vegetable-pasta-salad.

Nutrition Note: This recipe makes 8 servings. Each serving has 215 calories, 7 grams of fat, 6 grams of protein, 55 milligrams of sodium and 30 grams of carbohydrates.

Why breastfeed?

Celebrate World Breastfeeding Week
August 1-7, 2022!

WIC’s breastfeeding support helps and empowers moms from beginning to end of their breastfeeding journey.

Learn more at https://wicbreastfeeding.fns.usda.gov.