Garlic Bread

Cooked Apples

Supreme Pizza Chicken Bake

Sweet Potato Rounds

Seasoned Rice

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 preschoolers can help with include: cracking eggs, helping measure dry ingredients, setting the table and helping make sandwiches.

Source: www.ChooseMyPlate.gov

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**Garlic Bread**

12 slices whole-wheat bread
Butter or margarine spread
Garlic powder

1. Wash hands with soap and water.
2. Spread butter on one side of each slice of bread, then cut in half.
3. Place bread butter side up on a baking sheet.
4. Sprinkle with garlic powder.
5. Broil 4 inches from heat until lightly browned, 1-2 minutes.

**Cooked Apples**

4 apples
¼ cup water
Cinnamon to taste

1. Wash hands with soap and water.
2. Scrub apples thoroughly under running water.
3. Core and slice apples. Put into a slow cooker.
4. Drizzle with water and sprinkle with the amount of cinnamon you desire.
5. Cook on high for 2 hours. Serve warm.

**Supreme Pizza Chicken Bake**

4 chicken breasts
¾ cup pizza sauce
1 cup shredded mozzarella cheese
12 pepperoni
½ bell pepper, sliced
¼ cup diced onion
2 tablespoons sliced black olives

1. Wash hands with soap and water.
2. Heat oven to 400 degrees.
3. Place chicken breasts in an 8½ x11 inch pan. Evenly top chicken with pizza sauce, then layer on cheese.
4. Top with remaining toppings.
5. Wash hands and counters with soap and water after handling chicken.
6. Bake for 30 minutes or until chicken reaches an internal temperature of 165 degrees with a food thermometer.

**Why breastfeed?**

“I chose to breastfeed as I wanted to give my baby the best head start in life.”

~ Ashley, WIC Breastfeeding Mom from Valley City

**Nutrition Note:** This recipe makes 6 servings. Each serving has 70 calories, 0 grams of fat, 0 grams of protein, 18 grams of carbohydrates and 0 milligrams of sodium.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 250 calories, 6 grams of fat, 42 grams of protein, 7 grams of carbohydrates and 440 milligrams of sodium.
Sweet Potato Rounds

2 small sweet potatoes (about 1 pound total)  
1 egg, slightly beaten  
2 tablespoons water  
4 cups corn flake cereal (crushed to 2 cups)  
¾ teaspoon garlic powder  
½ teaspoon dried thyme

1. Wash hands with soap and water.  
2. Heat oven to 425 degrees.  
3. Scrub potatoes thoroughly under running water. Peel and cut into ¼-inch thick slices.  
4. In a shallow bowl, beat together egg and water.  
5. In another shallow bowl, mix together cereal, garlic powder and thyme.  
6. Dip potato slices into egg mixture, then roll into cereal mixture, gently pressing crumbs into potato slices.  
7. Place, in a single layer, on a foil-lined baking sheet coated with nonstick cooking spray.  
8. Bake about 25 minutes or until golden brown. Turn the potatoes over after they have baked for 15 minutes.

Recipe Adapted from Kellogg’s Nutrition

Nutrition Note: This recipe makes 15 servings. Each serving has 60 calories, 0 grams of fat, 1 gram of protein, 13 grams of carbohydrates and 75 milligrams of sodium.

Seasoned Rice

1 tablespoon vegetable oil  
½ medium onion, chopped  
2 cloves garlic, chopped  
2 cups instant brown rice

1. Wash hands with soap and water.  
2. In a frying pan, sauté onion and garlic in oil.  
3. Make rice according to package directions.  
4. Mix cooked rice with sautéed onions and garlic.

Note: Leftover cooked vegetables can be added to the rice if desired. Heat before adding.

Nutrition Note: This recipe makes 8 servings. Each serving has 110 calories, 2.5 grams of fat, 2 grams of protein, 0 milligrams of sodium and 20 grams of carbohydrates.

Choose Vibrant Vegetables

Colorful and crunchy raw vegetables are a healthy choice. Try dipping broccoli, zucchini sticks or baby carrots in hummus, guacamole, salad dressing or a low-fat yogurt sauce.

Note: Children under the age of 4 are at risk for choking. Raw vegetable sticks could be cooked or steamed until soft enough to pierce with a fork.

EAT THE RAINBOW.