



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**NOVEMBER/DECEMBER 2021**

## Easy Stroganoff Roasted Green Beans Pumpkin Pie Squares Chicken and Rice Homemade Pizza

### Easy Stroganoff

- 1 pound lean ground beef
- ½ onion, diced
- Salt
- Black pepper
- 16 ounces whole wheat spaghetti
- 1 can (10.5 ounces) cream of mushroom soup, low fat, low sodium preferred
- 1 soup can fat-free skim or 1% milk
- ½ cup light sour cream
- 1-2 teaspoons soy sauce, low sodium preferred



1. Wash hands with soap and water.
2. In a large skillet, brown ground beef with onion and season with salt and pepper. Drain any excess fat.
3. While browning the ground beef, cook spaghetti according to package instructions.
4. Add soup, milk, sour cream and soy sauce to skillet with browned ground beef. Simmer for 5 minutes.
5. Add spaghetti to beef mixture or serve with beef mixture on top of pasta.

**Nutrition Note:** This recipe makes 8 servings. Each serving (using low-fat, low-sodium soup and low-sodium soy sauce) has 350 calories, 9 grams of fat, 21 grams of protein, 48 grams of carbohydrates and 210 milligrams of sodium.



### Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions such as, "What can big boys/big girls do that you can't do?"

Source: Mealtime Blessings, Chickasaw Nation WIC

### Roasted Green Beans

- 1 pound fresh green beans
- 1 tablespoon oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper



1. Wash hands with soap and water.
2. Heat oven to 425 degrees.
3. Snap the ends off green beans and rinse in water. Lay on a metal baking sheet.
4. Drizzle oil, salt, and pepper over beans. Toss to coat.
5. Roast in oven for 15-18 minutes. Stir beans a couple of times while roasting.

Recipe Source: WIC Shopper App

**Nutrition Note:** This recipe makes 6 servings. Each serving has 45 calories, 2.5 grams of fat, 1 gram of protein, 5 grams of carbohydrates and 100 milligrams of sodium.

### Why breastfeed?



"I love to breastfeed my baby because I know it's the healthiest, and I love the bond."

~ Jessi, WIC Breastfeeding Mom from Cavalier County

### Pumpkin Pie Squares

- 1 cup all-purpose flour\*
- ½ cup oatmeal
- ½ cup brown sugar
- ½ cup butter or margarine
- 1 can (15 ounces) pumpkin
- 1 can (12 ounces) fat-free evaporated milk
- 2 eggs
- ¾ cup white sugar
- 1½ teaspoons pumpkin pie spice



1. Wash hands with soap and water.
2. Heat oven to 350 degrees. Coat a 9x13 inch baking pan with nonstick cooking spray.
3. In a mixing bowl, combine flour, oatmeal, brown sugar and butter.
4. Press into baking pan and bake for 15 minutes.
5. In a separate bowl, mix remaining ingredients. Pour on top of crust.
6. Bake for an additional 35 minutes. Refrigerate after baking.

\*Note: Try using ½ cup whole wheat flour and ½ cup white flour to increase your family's intake of whole grains.

Recipe Source: Missouri WIC Program

**Nutrition Note:** This recipe makes 24 bars. Each bar has 130 calories, 4.5 grams of fat, 2 grams of protein, 19 grams of carbohydrates and 55 milligrams of sodium.

## Chicken and Rice

- 1 can (10.5 ounces) cream of mushroom soup, low-fat, low sodium preferred
- 1 can (10.5 ounces) cream of celery soup, low-fat, low sodium preferred
- 1 envelope (1 ounce) onion soup mix
- 2 cups instant brown rice
- 2 cups water
- 1½ - 2 pounds boneless, skinless chicken breasts or chicken legs and thighs



1. Wash hands with soap and water.
2. Heat oven to 375 degrees.
3. Mix all ingredients on a baking sheet except chicken.
4. Place chicken on top of soup and rice mixture. Wash hands and counters with soap and water after handling chicken.
5. Cover with foil and cook for 1½ hours or until chicken reaches an internal temperature of 165 degrees with a food thermometer.

**Nutrition Note:** This recipe makes 6 servings. Each serving (using low-fat, low-sodium soups) has 330 calories, 6 grams of fat, 38 grams of protein, 28 grams of carbohydrates and 500 milligrams of sodium.

### Take a Screen Break!



Do a puzzle relay. Put puzzle pieces on one side of the room. Have your child start on the other side, run, pick up a puzzle piece, run back and start the puzzle. Continue the steps above until the puzzle is finished.

## Homemade Pizza

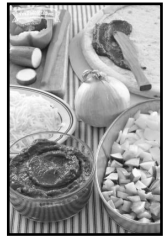
**Crust** - For a quick crust, use French bread, tortillas, pita or flat bread, English muffins, pre-baked crust or pre-made refrigerated crust or make your own using this recipe.



- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup fat-free skim or 1% milk
- 2 tablespoons vegetable oil

**Sauce** - Use a jar of pre-made sauce or make your own using this recipe.

- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- 1 carrot, finely grated



### Toppings

Cheese (mozzarella, cheddar, etc.), Vegetables (peppers, onions, olives, tomatoes, etc.), Fruits (pineapple, mandarin oranges, etc.), Protein (Canadian bacon, pepperoni, ground beef, sausage, etc.)

1. Wash hands with soap and water.
2. Heat oven to 400 degrees.
3. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
4. Turn dough onto a clean, lightly floured surface and knead 6-8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
5. On a baking sheet, roll or press into a 12-inch circle. Bake for 8 minutes.
6. While the crust is baking, mix sauce ingredients in a bowl.
7. Remove crust from oven and add sauce and toppings. The remaining sauce can be frozen for later use.
8. Return to oven and bake until light golden brown, 12-20 minutes.

Recipe Source: [www.foodhero.org](http://www.foodhero.org)

**Nutrition Note:** This recipe makes 12 servings. Each serving of crust, sauce, and mozzarella cheese has 143 calories, 6 grams of fat, 6.5 grams of protein, 15.5 grams of carbohydrates and 610 milligrams of sodium.

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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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## Make Mealtime Peaceful

Offer healthy foods and let kids take the lead on what they do and don't eat. Try not to pressure or reward children for what they eat.

