



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

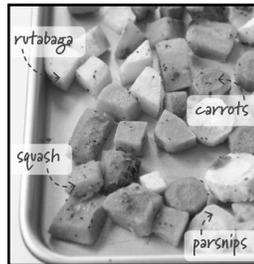
NOVEMBER 2019

Fall Roasted Veggies Shepherd's Pie Pumpkin Pie Squares Chicken Cacciatore Converting Recipes for Slow Cooking

Fall Roasted Veggies

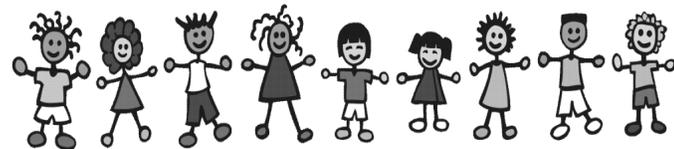
6 cups vegetables such as carrots, potatoes, parsnips, squash, rutabaga
2 tablespoons olive or vegetable oil
Salt
Black pepper

1. Heat oven to 450 degrees.
2. Wash and peel vegetables. Cut into equal size pieces.
3. Toss vegetables with oil. Sprinkle with salt and black pepper.
4. Spread veggies on a large metal baking sheet in a single layer.
5. Roast for 30-40 minutes. Stir a couple times while roasting.



Recipe Source: www.numatters.com

Nutrition Note: This recipe makes 12 servings. Each serving has 60 calories, 2.5 grams of fat, 1 gram of protein, 9 grams of carbohydrates and 210 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "What are you thankful for?" or "How do you know your family loves you?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Shepherd's Pie

1 pound lean ground beef
Seasonings such as salt, black pepper, garlic powder, etc.
1 can (10.75 ounces) tomato soup, low sodium preferred
1 can (14.5 ounces) vegetables such as green beans, peas, corn, etc. (low-sodium preferred)
2-3 cups mashed potatoes



1. Heat oven to 350 degrees.
2. In a skillet, brown ground beef. Drain excess fat. Season as desired.
3. Place ground beef in a 9x13 inch baking pan. Add soup and vegetables; mix together. (Leftover cooked vegetables can be used instead of canned.)
4. Bake for 30 minutes.
5. Remove from oven and top with mashed potatoes.
6. Continue baking until mashed potatoes are browned and heated through.

Nutrition Note: This recipe makes 8 servings. Each serving has 210 calories, 9 grams of fat, 14 grams of protein, 16 grams of carbohydrates and 550 milligrams of sodium.

Why breastfeed?

"My oldest child didn't nurse well, but my second one nurses like a champ. Every month is a new goal for us."



~ Amber, WIC Breastfeeding Mom from Minot

Pumpkin Pie Squares

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

Converting Recipes for Slow Cooking

Most recipes can be converted to cooking in your slow cooker. Since liquids do not boil away in a slow cooker, in most cases, you can reduce liquids by one-third to one-half. In soups, this will not matter. Add pasta at the end of the cooking process or it may become mushy. You may want to cook pasta separately and add it just before serving. Milk, cheese and cream may be added one hour before serving.

Time Chart for Adapting Recipes

Recipe Says	Cook on Low	Cook on High
15-30 minutes	4-6 hours	1½-2 hours
35-45 minutes	6-10 hours	3-4 hours
50 minutes-3 hours	8-16 hours	4-6 hours

Source: NDSU Extension Service, Now Serving: Slow Cooker Meals!

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. 800.472.2286 www.ndhealth.gov/wic

NORTH
Dakota | Health **wic** NORTH DAKOTA
Be Legendary.™



Crock-Pot™ Corner



Chicken Cacciatore

1 pound boneless, skinless chicken breasts
1 large zucchini, chopped
1 medium green bell pepper, chopped
1 small yellow onion, chopped
1 jar (24 ounces) spaghetti sauce
1 tablespoon Italian seasoning



1. Place all ingredients in a slow cooker.
2. Cook on low for 6-8 hours or until chicken reaches an internal temperature of 165 degrees using a food thermometer.
3. Remove chicken and shred. Add back to other ingredients and stir.
4. Serve with whole-wheat/whole grain pasta.

Nutrition Note: This recipe makes 5 servings. Each serving has 240 calories, 5 grams of fat, 31 grams of protein, 17 grams of carbohydrates and 570 milligrams of sodium.

Looking for recipes online?



Check out the free SideChef app at www.sidechef.com. This app is geared towards new cooks. Each recipe comes with step-by-step instructions, photos, videos and audio instructions. There is also a meal planner and a recipe organizer.

