



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

JANUARY/FEBRUARY 2021

Easy Breadsticks Creamy Fruit Salad Triple Bean Chili Beef Burrito One Pan Meal Broccoli Cheddar Soup

Easy Breadsticks

- 1 1/4 cups all purpose flour
- 2 teaspoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2/3 tablespoons butter, melted
- Garlic powder



1. Wash hands with soap and water.
2. Heat oven to 450 degrees.
3. In a small bowl, combine flour, sugar, baking powder and salt. Gradually add milk and stir to form a soft dough.
4. Turn dough onto a floured surface and knead gently 3-4 times.
5. Roll dough into a 10x5 inch rectangle that is 1/2 inch thick.
6. Cut into 12 breadsticks using a pizza cutter.
7. Place butter in a 9x13 inch pan. Place breadsticks in the butter and turn to coat. Sprinkle with garlic powder.
8. Bake 15 minutes or until golden brown. Serve warm.

Nutrition Note: This recipe makes 12 breadsticks. Each breadstick has 60 calories, 1 gram of fat, 1 gram of protein, 11 grams of carbohydrates and 160 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions such as "Who is your best friend in the world? Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Creamy Fruit Salad

- 1 cup pineapple chunks, canned in juice and drained
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 1/4 cup low-fat or fat-free vanilla yogurt




1. Wash hands with soap and water.
2. Place all fruit into a large serving bowl.
3. Add yogurt and mix gently with a spoon until fruit is well coated.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 8 servings. Each serving has 70 calories, 0 grams of fat, 2 grams of protein, 16 grams of carbohydrates and 15 milligrams of sodium.

Take a Screen Break!

Cut out paper snowflakes and make a trail through your home. Walk, run and hop along the trail.



Triple Bean Chili

- 1 can (15-16 ounces) black beans
- 1 can (15-16 ounces) kidney beans
- 1 can (15-16 ounces) garbanzo beans
- 1-2 cups chopped onion
- 4 cloves minced garlic
- 1 bell pepper, chopped
- 2 tablespoons vegetable or canola oil
- 1 packet (1.25 ounces) chili seasoning, low sodium preferred
- 1 can (15 ounces) tomato sauce, low sodium preferred



1. Wash hands with soap and water before preparing the recipe.
2. Drain black beans saving half the liquid for later use. Drain and rinse all beans thoroughly.
3. Heat oil in a large pot over medium-high heat and add onions, garlic and bell peppers. Sauté until onions are translucent and soft, about 10 minutes.
4. Add seasoning packet and stir. Then add tomato sauce, beans and 1/2 cup reserved black bean liquid. Bring to a boil, stirring occasionally.
5. When the chili has reached a boil, reduce heat to medium-low and simmer for at least 15 minutes.
6. Refrigerate leftovers within 2 hours.

Recipe Adapted from <https://wichealth.org> Health eKitchen

Nutrition Note: This recipe makes 8 servings. Each serving (using low sodium ingredients) has 280 calories, 7 grams of fat, 14 grams of protein, 44 grams of carbohydrates and 460 milligrams of sodium.

Beef Burrito One Pan Meal

- 1 pound lean ground beef
- 1 packet (1 ounce) taco seasoning mix, low sodium preferred
- ½ cup water
- 1 can (10 ounces) red enchilada sauce or 1 cup salsa
- 1 can (15-16 ounces) pinto, kidney or black beans, drained and rinsed
- 4 whole wheat tortillas, cut into strips
- 1 cup shredded cheddar cheese

1. Wash hands with soap and water before preparing the recipe and after handling the ground beef.
2. In a large skillet with a cover, cook beef until browned. Drain and rinse excess fat.
3. Add taco seasoning mix, water, enchilada sauce/salsa and beans. Cook 3-5 minutes, stirring frequently, until sauce thickens. Remove from heat.
4. Stir in tortilla strips and top with cheese. Cover until cheese is melted.
5. Top with your family's favorite toppings such as tomatoes, sour cream, lettuce, salsa, etc.
6. Refrigerate leftovers within 2 hours.

Nutrition Note: This recipe makes 6 servings. Each serving has 420 calories, 17 grams of fat, 27 grams of protein, 37 grams of carbohydrates and 1,000 milligrams of sodium.

Why breastfeed?



"I thought it was best for my baby because I heard how much healthier it is for my baby from WIC. I'm glad I did and stuck with it for it created a greater bond than a bottle."

~ WIC Breastfeeding Mom from Devils Lake

Broccoli Cheddar Soup

- 1 cup chopped onion
- 1 cup shredded carrots
- 1½ teaspoons margarine or butter
- 2 cups broth, any flavor, low sodium preferred
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup fat-free or 1% milk
- ¼ cup all-purpose flour
- 1 cup shredded cheddar cheese
- ½ teaspoon black pepper



1. Wash hands with soap and water.
2. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5-7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes.
4. Add cheese and pepper. Heat over low heat until cheese is melted.
5. Refrigerate leftovers within 2 hours.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 4 servings. Each serving has 230 calories, 12 grams of fat, 14 grams of protein, 20 grams of carbohydrates and 280 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
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H A P P Y
Valentine's Day



PLAN YOUR MEALS



Avoid stress at mealtime by planning a weekly menu and posting it in a location for everyone to see, like a chalkboard or on the refrigerator in the kitchen.