



Pick-WIC Paper



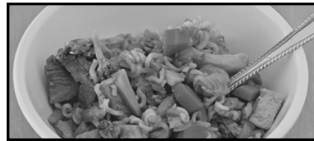
NORTH DAKOTA WIC PROGRAM

MARCH/APRIL 2021

Ramen Noodle Skillet One-Mug Omelet Southwestern Stuffed Potatoes Ham, Cheese and Spinach Muffins Serve Up Fruit and Fun

Ramen Noodle Skillet

- 2 teaspoons canola or vegetable oil
- 1 cup onion, chopped
- 1 carrot, chopped or sliced
- 2 cups frozen stir fry vegetable mixture
- 2 cups cooked meat or poultry, cut into bite-sized pieces
- 1 package (3 ounces) beef flavored instant ramen noodles (broken into pieces)
- 1 cup water or broth



1. Wash hands with soap and water.
2. Heat oil in a large skillet. Add onion and carrots and sauté until soft (about 5 minutes).
3. Thaw stir fry vegetables in the microwave and drain.
4. Add vegetables and cooked meat to skillet. Stir and heat (about 1-2 minutes).
5. Add noodle seasonings to the water/broth and stir into the skillet.
6. Add ramen noodles when the water/broth simmers. Stir to moisten the noodles. Cover and cook until done (about 2 minutes).

Recipe Source: <https://spendsmart.extension.iastate.edu/>

Nutrition Note: This recipe makes 4 servings. Each serving (using beef roast for the cooked meat) has 220 calories, 7 grams of fat, 24 grams of protein, 15 grams of carbohydrates and 270 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions such as "What is your favorite room in the house/apartment? Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

One-Mug Omelet

- 1 large egg
- 2 tablespoons fat-free skim or 1% milk or water
- Salt and pepper to taste



1. Wash hands with soap and water.
2. Coat a mug with nonstick cooking spray, oil or butter.
3. In a small bowl, use a fork to beat the egg, milk or water, salt and pepper. Pour mixture into mug. Wash hands with soap and water after handling the egg.
4. Microwave for 2 minutes. Check if egg is fully cooked (firm not runny or cooked until internal temperature reaches 160 degrees on food thermometer). If not, microwave an additional minute.


Note: Optional additions include diced vegetables, diced, cooked meats, or shredded cheese.

Recipe Source: WIC Shopper App

Nutrition Note: This recipe makes 1 omelet. Each omelet has 107 calories, 7 grams of fat, 7 grams of protein, 2 grams of carbohydrates and 85 milligrams of sodium.

Take a Screen Break!

Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you move your body.



Southwestern Stuffed Potatoes

- 2 medium potatoes
- 1 cup black beans, rinsed and drained
- 3/4 cup salsa
- 1 cup corn (canned, frozen or previously cooked)
- 1/2 cup shredded cheese



1. Wash hands with soap and water before preparing the recipe.
2. Scrub potatoes with a clean vegetable brush under running water. Poke each potato with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over and microwave another 3-5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave-safe bowl, combine beans, salsa and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half lengthwise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese before serving.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 5 grams of fat, 10 grams of protein, 40 grams of carbohydrates and 450 milligrams of sodium.

Ham, Cheese and Spinach Muffins

2 eggs
1½ cups fat-free skim or 1% milk
2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon garlic powder
1 cup chopped ham
½ cup shredded cheese
1 cup chopped fresh spinach



1. Wash hands with soap and water before preparing the recipe.
2. Heat oven to 375 degrees. Spray a muffin pan with nonstick cooking spray or line with paper liners.
3. In a large bowl, mix eggs and milk together with a fork. Stir in all remaining ingredients. Wash hands with soap and water after handling the eggs.
4. Spoon batter into muffin pan, filling each ¾ full. Bake for 20-25 minutes.

Recipe Source: Nutrition Matters, Inc.

Nutrition Note: This recipe makes 12 muffins. Each muffin has 140 calories, 3 grams of fat, 8 grams of protein, 18 grams of carbohydrates and 250 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
This institution is an equal opportunity provider.

Serve Up Fruit and Fun

1. Keep canned and fresh fruit on hand and in sight for snacks and meals.
2. Wash fresh fruit and cut into bite sized pieces when ready to serve.
3. For pre-cut canned fruit, drain the liquid and put fruit pieces into a container for on-the-go mess free snacking.
4. Store cut fruit in covered containers in the refrigerator or freezer to use later.

Note: To make fresh fruit safer for older infants and young children to eat, remove seeds, pits, and tough skins, and cut small round fruits like grapes in half lengthwise.

Source: www.foodhero.org



Why breastfeed?

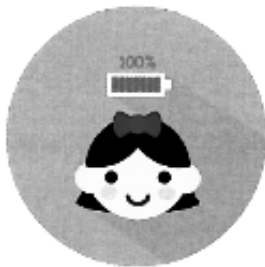


"I wanted to give my baby the best food for him to grow strong."

~ Vera, WIC Breastfeeding Mom from Fargo



HELP THEM DECIDE HOW MUCH



Kids are born with built-in cues. Help them recognize when they are hungry or full. How much they eat may vary from day to day.