



# Pick-WIC Paper



**NORTH DAKOTA WIC PROGRAM**

**MAY/JUNE 2021**

## Chicken-Fried Pork Chops DIY Yogurt Bowls Parmesan Roasted Potatoes Pumpkin Breakfast Cookies Chicken and Ranch Pasta

### Chicken-Fried Pork Chops

- ½ cup all-purpose flour
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 6 pork chops, trimmed
- 2 tablespoons oil
- 1 can (10.5 ounces) cream of chicken, mushroom or celery soup, low fat/low sodium preferred
- ⅓ cup water



1. Wash hands with soap and water before preparing the recipe.
2. In a bowl, combine flour, salt and garlic powder. Coat pork chops with flour mixture.
3. Add oil, then pork chops to a skillet and brown on both sides. Place in a slow cooker. Wash hands with soap and water and counters after handling pork chops.
4. In a small bowl, combine soup and water; pour over chops.
5. Cover and cook 6-8 hours on low. Serve with cooked brown rice.

**Nutrition Note:** This recipe makes 6 servings. Each serving (using low-fat/low-sodium soup) has 330 calories, 12 grams of fat, 42 grams of protein, 12 grams of carbohydrates and 660 milligrams of sodium.



### Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children a question such as "Are there any animals that know how to talk?" Then have them tell you what animals they think can talk.

Source: Mealtime Blessings, Chickasaw Nation WIC

### DIY Yogurt Bowls

Fill a bowl with yogurt, breakfast cereal or granola and fruit.



The sky is the limit. Get creative! Here are some ideas to try:

**Yogurt:** Pick your favorite flavor and brand to start your bowl.

**Cereal/Granola:** Pick any WIC cereal you have on hand. Some great ones are Honey Bunches of Oats, Grape-Nuts, Cornflakes or Bran Flakes.

**Bite-sized Pieces of Fresh Fruit:** Whatever fresh fruit you like will pair well with yogurt. Ideas include bananas, pineapple, kiwi, strawberries, raspberries, blueberries and blackberries.

### Take a Screen Break!



**Rainbow Run**  
Talk about the colors of the rainbow with your child. As you name a color, have your child run and touch three things that are that color. Repeat with all colors of the rainbow.

### Parmesan Roasted Potatoes

- 3 cups potatoes, cut in 1-inch pieces
- 2 teaspoons oil
- ¼ teaspoon each salt and pepper
- ½ cup parmesan cheese, shredded or grated



1. Wash hands with soap and water before preparing the recipe.
2. Heat oven to 400 degrees.
3. In a large bowl, toss potatoes with oil, salt and pepper.
4. Place potatoes in a single layer on a large baking sheet.
5. Bake for 25 minutes; sprinkle with cheese and bake an additional 5-10 minutes.

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

**Nutrition Note:** This recipe makes 6 servings. Each serving has 90 calories, 3.5 grams of fat, 4 grams of protein, 12 grams of carbohydrates and 220 milligrams of sodium.

## Pumpkin Breakfast Cookies

- 1 can (15 ounces) pumpkin
- 1½ cups packed brown sugar
- 2 eggs
- ½ cup vegetable oil or unsweetened applesauce
- 1½ cups all-purpose flour
- 1¼ cups whole-wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ¼ teaspoon ground ginger
- ½ teaspoon salt
- 1 cup raisins or other dried fruit
- 1 cup chopped nuts, any type



1. Wash hands with soap and water before preparing the recipe.
2. Heat oven to 400 degrees. Coat a baking sheet with nonstick cooking spray.
3. In a large bowl, mix pumpkin, sugar, eggs and oil thoroughly. Wash hands with soap and water after handling the eggs.
4. In a separate bowl, stir together flours, baking powder, cinnamon, nutmeg, ground ginger and salt. Add to pumpkin mixture and mix well.
5. Stir in raisins and nuts.
6. Drop by teaspoonfuls onto a baking sheet 1 inch apart.
7. Gently flatten each cookie with the back of a spoon.
8. Bake 10-12 minutes or until golden brown.

Note: The whole-wheat flour can be replaced with all-purpose flour.

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

**Nutrition Note:** This recipe makes 48 cookies. Each cookie has 95 calories, 4 grams of fat, 1.5 grams of protein, 13.5 grams of carbohydrates and 60 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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## Chicken and Ranch Pasta

- 1½ cups chicken broth, low sodium preferred
- ½ cup water
- 2 tablespoons ranch dressing seasoning mix
- 6 ounces low-fat cream cheese, cut into 1-inch pieces, softened
- 1 cup canned chicken (or leftover cooked chicken)
- 2 cups uncooked whole-wheat pasta, any variety
- 1 cup shredded cheddar cheese, reduced fat preferred



1. Wash hands with soap and water before preparing the recipe.
2. In a nonstick skillet, stir broth and dressing mix until well blended.
3. Add cream cheese and cook 1-2 minutes or until cream cheese starts to melt.
4. Add chicken, pasta and cheese. Heat to boiling. Cover and cook until pasta is tender, stirring occasionally.

**Nutrition Note:** This recipe makes 6 servings. Each serving (using low-sodium broth and reduced-fat cheese) has 260 calories, 7 grams of fat, 20 grams of protein, 34 grams of carbohydrates and 840 milligrams of sodium.



## Why breastfeed?



"Breastfeeding always makes me feel better too. I always feel I have more energy and just feel better emotionally and mentally when I breastfeed."

~ WIC Breastfeeding Mom from Finley

## EAT THE SAME MEAL



Serve the same meal to adults and kids.  
Let them see you enjoy healthy foods.  
Talk about the colors, shapes and textures on the plate.