



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

JULY/AUGUST 2021

Fresh Fruit Pasta Salad Banana Berry Smoothie Strawberry Spinach Salad Peach and Berry Crisp Tortilla Fruit Pizza

Fresh Fruit Pasta Salad

- ½ pound whole-wheat/whole grain pasta
- 1 cup plain low-fat or fat-free yogurt
- ½ cup frozen orange juice concentrate, thawed
- 1 large orange, sectioned
- 1 cup red grapes, sliced in quarters
- 1 cup green grapes, sliced in quarters
- 1 apple, chopped
- 1 banana, sliced
- 1 can (20 ounces) pineapple chunks canned in juice, drained



1. Wash hands with soap and water before preparing recipe.
2. Gently wash fruits under cold running water before preparing recipe.
3. Cook the pasta according to package directions. Drain and cool.
4. In a small bowl, combine yogurt and orange juice concentrate.
5. Place all fruit in a large bowl. Add the yogurt mixture and pasta. Toss together.
6. Cover and chill before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 200 calories, 1 gram of fat, 5 grams of protein, 44 grams of carbohydrates and 20 milligrams of sodium.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions such as, "What are your favorite fruits to eat?" and "Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Banana Berry Smoothie

- 1 large ripe banana
- 1 cup frozen berries
- 1 cup fat-free skim or 1% milk



1. Wash hands with soap and water before preparing recipe.
2. Gently wash fruits under cold running water before preparing recipe.
3. Place banana, berries and milk in a blender. Blend until smooth.

Recipe Source: Nutrition Matters, Inc.

Nutrition Note: This recipe makes 3 servings. Each serving has 90 calories, 0 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 35 milligrams of sodium.

Take a Screen Break!



Sprinkler Party: Turn on the sprinkler and run through the water. Play with sponges. Get some wet sponges and toss them to each other or into a plastic basket.

Source: Nutrition Matters, Inc.



Strawberry Spinach Salad

- 1 pound fresh spinach
- 2 cups fresh strawberries, sliced
- ¼ cup sunflower seeds
- ½ cup low-fat poppy seed or vinaigrette dressing



1. Wash hands with soap and water before preparing recipe.
2. Wash spinach and place in a large bowl.
3. Wash and cut strawberries into slices.
4. Toss spinach, strawberries and sunflower seeds together.
5. Add dressing and toss before serving.

Note: Serve with leftover cooked chicken to make the salad a meal.

Recipe Source: Nutrition Matters, Inc.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 6 grams of fat, 5 grams of protein, 17 grams of carbohydrates and 510 milligrams sodium.

Tortilla Fruit Pizza

- 1 (10-inch) whole wheat tortilla
- ½ teaspoon soft butter or margarine
- 3 teaspoons white sugar, divided
- ¼ teaspoon cinnamon
- ½ cup whipped cream cheese
- 1 fresh peach, sliced
- 1 cup grapes, sliced in quarters
- ¼ cup blueberries
- ½ cup sliced strawberries
- ¼ cup apricot preserves, melted (optional)



1. Wash hands with soap and water before preparing recipe.
2. Gently wash fruit under cold running water before preparing recipe.
3. Heat oven to 400 degrees.
4. Place tortilla on an ungreased baking sheet and spread with butter.
5. Combine 1 teaspoon sugar and cinnamon in a small bowl and sprinkle over tortilla. Bake 4 to 5 minutes, until the edges begin to brown. Remove to a cutting board.
6. In a small bowl, combine the other 2 teaspoons sugar with cream cheese. Spread over tortilla.
7. Arrange fruit on top and pour melted preserves over as a glaze. Cut into 4 wedges and serve.

Nutrition Note: This recipe makes 4 servings. Each serving has 160 calories, 6 grams of fat, 4 grams of protein, 25 grams of carbohydrate and 190 milligrams of sodium.



Peach and Berry Crisp

- 6 cups fresh peaches, peeled and sliced
- 2 cups fresh blueberries, raspberries or blackberries
- 4 tablespoons white sugar
- ½ teaspoon ground nutmeg
- ¼ teaspoon cinnamon
- ½ cup oatmeal
- 4 tablespoons all-purpose flour
- 2 tablespoons brown sugar
- 2 tablespoons butter or margarine
- ¼ teaspoon cinnamon



1. Wash hands with soap and water before preparing recipe.
2. Gently wash produce under cold running water before preparing recipe.
3. Heat oven to 375 degrees.
4. Combine peaches and berries in an ungreased 11x7 inch pan or baking dish.
5. Mix sugar, nutmeg and cinnamon in a small bowl. Sprinkle over fruit and stir gently.
6. Mix oatmeal, flour, brown sugar, margarine and cinnamon together in a small bowl. Spread over fruit.
7. Bake uncovered for 35-40 minutes.

Nutrition Note: This recipe makes 16 servings. Each serving has 80 calories, 2 grams of fat, 1 gram of protein, 16 grams of carbohydrates and 10 milligrams of sodium.

Why breastfeed?



"We chose to breastfeed our baby because we know that it is a great opportunity for bonding that not all moms get to experience. I am confident in the fact that my body produces exactly what my baby needs, and it changes when the baby's needs change."

~ Brailey, WIC Breastfeeding Mom from the Minot Air Force Base



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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HOW CAN I USE FRUIT?



Fruits provide nutrients that are important for health. Set a good example for your children by eating fruit every day with meals and snacks. Buy fresh fruit in season when they may be less expensive and at their peak flavor. More information about fruits can be found at

www.myplate.gov/eat-healthy/fruits.