



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

SEPTEMBER/OCTOBER 2021

Mix & Match Roasted Vegetables Ranch Dip Stir-Fried Veggies Veggie Burritos Vegetable Pizza

Mix & Match Roasted Vegetables

Choose from: asparagus spears, bell peppers, broccoli spears, cauliflower, eggplant, green beans, mushrooms, zucchini, yellow summer squash

Oil or non-stick cooking spray
Salt
Black pepper
Parmesan cheese



1. Wash hands with soap and water.
2. Heat oven to 450 degrees.
3. Choose any combination of vegetables from the list above. Wash, remove tough ends and stems and cut into 1-inch pieces.
4. Place vegetable pieces in a shallow baking pan. Drizzle lightly with oil and stir to coat or spray with nonstick cooking spray.
5. Bake 10-15 minutes until vegetables are tender-crisp and lightly browned.
6. Sprinkle with salt, pepper and/or parmesan cheese to taste.

Recipe Source: Minnesota WIC Program

Nutrition Note: Start with a small amount of salt, parmesan cheese and oil to control the amount of sodium and fat in the recipe.



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime.

Ask your children questions such as, "What are your favorite vegetables to eat?" and "Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Ranch Dip

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried parsley flakes



1. Wash hands with soap and water.
2. For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice in a bowl. For a smoother dip, mash cottage cheese with a fork before adding yogurt and seasonings. For a smooth dip, blend all ingredients in a blender.
3. Serve with fresh vegetables.

Recipe Source: www.foodhero.org

Nutrition Note: This recipe makes 16 servings. Each serving has 20 calories, 0 grams of fat, 3 grams of protein, 2 grams of carbohydrates and 140 milligrams of sodium.

Stir-Fried Veggies

- 1½ cups broccoli, cut into small pieces
- 1 teaspoon oil
- 1 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced celery



Sauce

- 2 teaspoons cornstarch
- 3 tablespoons cold water
- 1-2 tablespoons soy sauce (low sodium preferred)
- OR
- 1 tablespoon water
- 3 tablespoons stir-fry sauce (low sodium preferred)

1. Wash hands with soap and water.
2. Wash vegetables before cutting/slicing.
3. Fill a medium saucepan half full of water and bring to a boil over high heat. Add broccoli and cook for 3 minutes. Drain. Place broccoli in cold water, then drain again.
4. Heat oil in a large frying pan over medium-high heat. Add broccoli, onion, carrots and celery. Stir-fry until vegetables are crisp-tender, about 6-8 minutes.
5. Mix cornstarch, water and soy sauce in a small bowl. Stir into vegetables. Cook and stir until sauce is thick and bubbly.

Note: A bag of pre-cut fresh vegetables or frozen stir-fry vegetables can also be used. If using frozen vegetables, the broccoli doesn't need to be cooked before stir-frying.

Nutrition Note: This recipe makes 4 servings. Each serving using low-sodium sauce has 60 calories, 1.5 grams of fat, 2 grams of protein, 10 grams of carbohydrates and 340 milligrams of sodium.

Veggie Burritos

- 1 red pepper, sliced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red onion, sliced
- 2 tablespoons olive oil
- 2 tablespoons any kind of vinaigrette dressing
- 1½ cups cooked brown rice
- 1 can (15-16 ounces) black beans, drained (low sodium preferred)
- 8 whole wheat tortillas
- 8 ounces shredded cheddar cheese



1. Wash hands with soap and water.
2. Wash all vegetables before slicing.
3. In a mixing bowl, toss vegetables, oil and dressing together. Cook in a basket or a pan made for grilling or a shallow baking pan for the oven.
4. Cook on medium heat or 450 degree oven for about 10 minutes or until vegetables are tender-crisp.
5. Spoon some of the cooked vegetable mixture, rice and black beans into each tortilla. Sprinkle with cheese, then roll up.

Nutrition Note: This recipe makes 8 servings. Each serving (using low-sodium beans) has 370 calories, 15 grams of fat, 16 grams of protein, 46 grams of carbohydrates and 440 milligrams of sodium.

Vegetable Pizza

- 1 package low-fat crescent rolls
- 4 ounces non-fat cream cheese
- ½ cup non-fat mayonnaise
- ½ cup non-fat sour cream
- ½ teaspoon dried basil or thyme
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- ¼ cup finely chopped green peppers
- ½ cup finely chopped carrots
- ⅓ cup shredded low-fat cheddar cheese



1. Wash hands with soap and water.
2. Wash all vegetables before chopping.
3. Heat oven to 350 degrees.
4. Unroll crescent rolls and place them on a baking sheet. Bake for 10 minutes.
5. Mix together cream cheese, mayonnaise, sour cream and basil until smooth.
6. Spread mixture on the cooled crescent rolls.
7. Sprinkle the chopped vegetables and shredded cheddar cheese on top of the cream cheese mixture.

Note: Whole-wheat tortillas can be substituted for crescent rolls.

Nutrition Note: This recipe makes 4 servings. Each serving has 280 calories, 11 grams of fat, 13 grams of protein, 36 grams of carbohydrates and 860 milligrams of sodium.

Take a Screen Break!



Go for a walk and look for things that begin with different letters of the alphabet.

Why breastfeed?



"It's the best nutrition plus special bonding time that only I get with my daughter."

~ Alanna, WIC Breastfeeding Mom from Bottineau



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 VEGETABLES?

Vegetables provide nutrients that are important for health. Set a good example for your children by eating vegetables every day with meals and snacks. Buy fresh vegetables in season when they may be less expensive and at their peak flavor.

More information about vegetables can be found at <https://www.myplate.gov/eat-healthy/vegetables>.



WIC recipes @ your fingertips

Health eKitchen
wichealth.org

