



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

NOVEMBER/DECEMBER 2022

Baked Pumpkin Oatmeal Bars
Bean Dip
Orange Pork Chops
Overnight French Toast Bake
Baked Potato Slices



Baked Pumpkin Oatmeal Bars

- 2 cups oats
- 1 cup canned pumpkin
- ¼ cup honey
- 1½ teaspoons cinnamon
- ¼ cup mini chocolate chips



1. Wash hands with soap and water.
2. Heat oven to 350 degrees. Spray an 8x8 inch square baking dish with cooking spray.
3. Combine all ingredients in a mixing bowl. Press into the baking dish.
4. Bake for 18-20 minutes until the top is golden and firm.

Note: Do not serve foods with honey to infants under 1 year of age.

Recipe Source: [Nutrition Matters, Inc.](https://www.nutritionmattersinc.com/)

Nutrition Note: This recipe makes 9 bars. Each bar has 130 calories, 3 grams of fat, 3 grams of protein, 25 grams of carbohydrates and 0 milligrams of sodium.



My Little Helper

Get your child to try new foods by having them help you in the kitchen. Give them small jobs to do and praise their efforts. Jobs most children can help with include: tearing bread into cubes, sprinkling toppings on recipes, and counting items like how many eggs are in a recipe.

Source: <https://foodhero.org/>

Bean Dip

- 1 can (15-16 ounces) fat-free refried beans
- 1 cup salsa
- Shredded cheddar cheese



1. Wash hands with soap and water.
2. In a small saucepan, combine beans and salsa. Cook over medium heat until heated through, stirring as needed.
3. Top with cheese and serve with tortilla chips or crackers.

Note: Can also be heated in a microwave-safe bowl in the microwave.

Nutrition Note: This recipe makes 6 servings. Each serving has 90 calories, 1.5 grams of fat, 5 grams of protein, 13 grams of carbohydrates and 600 milligrams of sodium.

Why breastfeed?

"I have always wanted to be the best mom I can be. I feel like breastfeeding helps me do that."

~ Jennifer, WIC Breastfeeding Mom from Bismarck

Orange Pork Chops

- 4 pork chops
- 2 sweet potatoes, washed and peeled
- 1 orange, washed and sliced
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon black pepper



1. Wash hands and counters with soap and water after handling pork chops.
2. Heat oven to 350 degrees.
3. In a medium skillet, brown pork chops in a small amount of oil.
4. Cut sweet potatoes into ½-inch slices.
5. Place meat and potatoes in a baking dish and top with orange slices; sprinkle with seasonings.
6. Cover and bake one hour until pork chops reach an internal temperature of 145 degrees with a food thermometer.

Nutrition Note: This recipe makes 4 servings. Each serving has 300 calories, 7 grams of fat, 40 grams of protein, 17 grams of carbohydrates and 210 milligrams of sodium.

Overnight French Toast Bake

10 slices whole-wheat/grain bread
 ½ cup brown sugar
 1 teaspoon cinnamon
 6 large eggs
 1¼ cup fat-free or 1% milk



1. Wash hands with soap and water.
2. Heat oven to 350 degrees. Spray a 9x13 inch baking pan with cooking spray.
3. Tear bread slices into 1 inch pieces and place into the pan.
4. In a small bowl, mix together brown sugar and cinnamon. Sprinkle over bread.
5. In another mixing bowl, whisk together eggs and milk. Pour evenly over bread. Then use a spatula to press the bread down to make sure it is well coated.
6. Cover pan with foil and bake for 20 minutes. Remove foil and bake another 20 minutes or until golden brown.

Note: This recipe can be made the night before by refrigerating overnight and baking the next morning.

Recipe Source: [Nutrition Matters, Inc.](http://NutritionMatters.com)

Nutrition Note: This recipe makes 6 servings. Each serving has 250 calories, 6 grams of fat, 14 grams of protein, 35 grams of carbohydrates and 310 milligrams of sodium.

Baked Potato Slices

2-3 large white potatoes
 ½ cup shredded cheddar cheese
 ¼ cup bacon bits
 2 tablespoons cooking oil
 Chopped green onions (optional)
 Sour cream (optional)



1. Wash hands with soap and water.
2. Heat oven to 425 degrees. Line a baking sheet with parchment paper.
3. Wash and cut potatoes into ½ inch thick slices.
4. Brush both sides of potato slices with oil, then place on baking sheet.
5. Bake for 15 minutes. Flip over and continue baking for another 15 minutes or until they are cooked through and slightly browned.
6. Remove from oven and sprinkle with cheese and bacon bits.
7. Return to oven for another 5 minutes.
8. Serve with optional toppings if desired.

Nutrition Note: This recipe makes 15 potato skins. Each potato skin has 100 calories, 3.5 grams of fat, 3 grams of protein, 65 milligrams of sodium and 13 grams of carbohydrates.

happy holidays

Take a Screen Break!



Pretend to be animals who play in the snow—walk or move like a polar bear, a penguin and a seal.

The Pick-WIC Paper is created for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: hhs.nd.gov
 This institution is an equal opportunity provider.

NORTH Dakota | Health & Human Services
 Be Legendary.



Build Your Own

Make your own snack mix with different types of WIC cereals, small crackers or pretzels, unsalted nuts dried fruit and/or plain popcorn.

Check out this video for Healthy Tips to Hack Your Snack.



Note: Children under the age of 4 are at risk of choking from nuts, dried fruit, pretzels and popcorn.

Health eKitchen
www.wichealth.org

Holiday Menu

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- Brown rice in the j
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- Cooking Method ✓
- Difficulty ✓
- Recipe Type ✓