

# PICK-WIC PAPER

## RECIPES

- **OVEN FRENCH TOAST**
- **ANY BERRY SAUCE**
- **HOMEMADE CROUTONS**
- **TOAD IN THE HOLE**
- **GRILLED PB & J'S**

### OVEN FRENCH TOAST

#### INGREDIENTS

- 12 slices whole-wheat bread
- 4 eggs or 8 egg whites
- 1 cup fat-free skim or 1% milk
- ¼ cup packed brown sugar
- 1 teaspoon vanilla

#### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 325 degrees F. Lightly coat an 18x13-inch baking sheet (or two 9x13-inch pans) with cooking spray.
3. Lay the slices of bread flat on the pan with the sides touching.
4. In a mixing bowl, beat egg, milk, brown sugar and vanilla until very well blended.
5. Pour mixture over bread. Turn each slice over to ensure both sides are wet.
6. Bake for 30 minutes. Top with Any Berry Sauce, applesauce, fresh fruit, yogurt or syrup.

#### NUTRITION NOTE

This recipe makes 6 servings. Each serving (2 slices) has 240 calories, 6 grams fat, 13 grams protein, 35 grams carbohydrates and 320 milligrams sodium.

Recipe Source: [Food Hero](#)

## WHY BREASTFEED?

*"I did it with all my babies for 1-2 months. I felt it is healthy for my baby, and my husband encourages me."*

- ND WIC Breastfeeding Mom

### ANY BERRY SAUCE

#### INGREDIENTS

- ⅓ cup white sugar
- 1 tablespoon cornstarch
- ¼ cup cold water
- 4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries or a mixture)

#### DIRECTIONS

1. Wash hands with soap and water.
2. Rinse fresh fruits under running water before preparing.
3. In a medium saucepan, mix sugar, cornstarch, water and 2 cups berries. Mash berries if desired.
4. Heat over medium heat, stirring frequently, until sauce starts to thicken.
5. Remove from heat and stir in remaining berries. Mash berries if desired.
6. Serve over Oven French Toast.

#### NUTRITION NOTE

This recipe makes 6 servings. Each serving has 60 calories, 0 grams fat, 0 grams protein, 16 grams carbohydrates and 0 milligrams sodium.

Recipe Source: [Food Hero](#)

## FOOD JOKES

Why does bread like warmer weather?  
It gets toasty!

Source: [Food Hero](#)

## REFER TO WIC

Let friends and family know about WIC. Scan the QR code to find a WIC office near you.



## HOMEMADE CROUTONS

### INGREDIENTS

- 6 slices day-old whole-wheat bread, cubed
- ¼ cup oil or melted butter
- 1½ teaspoons garlic powder
- ½ teaspoon salt
- 1 teaspoon dried parsley flakes

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 300 degrees F.
3. Melt oil/butter, garlic powder, salt and parsley until garlic powder is dissolved and mixture is clump-free.
4. Toss oil/butter mixture with cubed bread in a medium bowl until cubes are evenly coated.
5. Spread bread cubes on a cookie sheet in a single layer.
6. Bake for 30-40 minutes, stirring occasionally, until they are dry, crispy and golden brown.
7. Store in an air-tight container or resealable plastic bag.

### NUTRITION NOTE

This recipe makes 24 servings. Each serving has 40 calories, 2.5 grams fat, 1 gram protein, 4 grams carbohydrates and 45 milligrams sodium.

Recipe Source: [NDSU Extension Service](#)

## TOAD IN THE HOLE

### INGREDIENTS

- 1 teaspoon butter or margarine (or use cooking spray)
- 1 egg
- 1 slice whole-wheat bread

### DIRECTIONS

1. Wash hands with soap and water.
2. Using a skillet, spray pan with cooking spray or melt margarine over medium heat.
3. Tear a 1½-inch hole in the center of the bread (or use a round cookie cutter) and place in the skillet.
4. Crack egg into a dish, then slide egg from dish into the hole in the bread.
5. After about three minutes, flip the bread and cook the other side until egg has set.

### NUTRITION NOTE

This recipe makes 1 serving with 180 calories, 10 grams fat, 10 grams protein, 12 grams carbohydrates and 230 milligrams sodium.

## WIC TIP

### How do I purchase whole grains?

Whole grains contain the entire grain kernel. People who eat whole grains have reduced risk of some chronic diseases. Look for the word "whole" at the beginning of the ingredient list. Foods that say "multi-grain", "100% wheat", "high fiber" or are brown in color may not be a whole-grain product. Check out [foodhero.org](http://foodhero.org) for more tips and recipes.

## GRILLED PB & J'S

### INGREDIENTS

- 2 slices whole-wheat bread
- 2 tablespoons peanut butter
- 1 tablespoon jelly, jam or preserves

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat a skillet or frying pan over medium-heat.
3. Spread peanut butter over one slice of bread. Spread jelly over other slice of bread. Put two pieces of bread together like a sandwich.
4. Spray skillet with cooking spray. Place sandwich in skillet.
5. When the bottom of the sandwich has turned golden-brown, use a turner to flip the sandwich. Cook other side until golden-brown.

### NUTRITION NOTE

This recipe makes 1 sandwich with 390 calories, 18 grams fat, 14 grams protein, 46 grams carbohydrates and 400 milligrams sodium.

Recipe Source: [NDSU Extension Service](#)

## STRETCH YOUR FOOD DOLLARS

Try having a holiday brunch. Breakfast foods like eggs are inexpensive and make a great protein for the main dish. You can also try a yogurt parfait bar and let everyone add their favorite toppings.

*This institution is an equal opportunity provider.*