

PICK-WIC PAPER

RECIPES

- SKILLET MAC AND CHEESE
- NO FUSS POTATO SOUP
- FROZEN PUDDING-WICHES
- STRAWBERRY BANANA OVERNIGHT OATS
- POWER SMOOTHIE

SKILLET MAC AND CHEESE

INGREDIENTS

- 2 cups water
- 1½ cups uncooked whole wheat macaroni
- 1 teaspoon margarine or butter
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- 1¼ cups 1% or fat-free skim milk
- 1¼ cups (5 ounces) grated cheddar cheese

DIRECTIONS

1. Wash hands with soap and water.
2. In a 10-inch skillet or saucepan, bring water to a boil.
3. Add macaroni and margarine/butter. Stir to prevent sticking. Cover pan and reduce heat to low. Simmer for 5 minutes (do not drain water).
4. Mix flour, salt and mustard. Add ¼ cup milk and stir until smooth. Add remaining milk. Set aside.
5. Remove skillet cover and cook macaroni until most of the water is gone.
6. Stir and add milk mixture and cheese. Mix well. Cook and stir until all cheese melts and sauce is bubbly and thick.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 340 calories, 14 grams fat, 16 grams protein, 37 grams carbohydrates and 420 milligrams sodium.

Recipe Source: [Food Hero](#)

FOOD JOKES

What do you call a grumpy cow?
Moooo-dy!

Source: [Food Hero](#)

WHY BREASTFEED?

"The bond I get to have with my baby. The look in her eyes while nursing makes all the struggles I've had breastfeeding worth it."

- Kaytlyn, WIC Breastfeeding Mom

NO FUSS POTATO SOUP

INGREDIENTS

- 6 cups potatoes, cubed
- 1 cup water
- 4 cups chicken broth, low sodium preferred
- ¼ cup onion, diced
- ½ cup carrots, thinly sliced
- ¼ cup margarine or butter, melted
- ¼ teaspoon black pepper
- 1 can (12 ounces) fat-free evaporated milk
- 3 tablespoons parsley
- 1-2 cups cooked ham or sausage (optional)

DIRECTIONS

1. Wash hands with soap and water.
2. Combine all ingredients except evaporated milk, parsley and meat (if using) in a large slow cooker.
3. Cover and cook on low for 7 hours or high for 4 hours.
4. Add evaporated milk, parsley and meat (if using) 30 minutes before serving.

NUTRITION NOTE

This recipe makes 9 servings. Each serving using low sodium chicken broth and ham has 200 calories, 7 grams fat, 11 grams protein, 24 grams carbohydrates and 360 milligrams sodium.

REFER TO WIC

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



FROZEN PUDDING-WICHES

INGREDIENTS

- 1 box (3.4 ounces) instant pudding mix, any flavor
- 2 cups 1% or fat-free skim milk
- 36 graham cracker squares

DIRECTIONS

1. Wash hands with soap and water.
2. In a mixing bowl, add milk to pudding mix and prepare according to package directions.
3. Spread one graham cracker square with about 2 tablespoons pudding.
4. Put another cracker on top like a sandwich.
5. Wrap in plastic wrap and freeze.

NUTRITION NOTE

This recipe makes 18 sandwiches. Each sandwich has 90 calories, 1.5 grams fat, 2 grams protein, 17 grams carbohydrates and 150 milligrams sodium.

STRAWBERRY BANANA OVERNIGHT OATS

INGREDIENTS

- ½ cup rolled oats
- ½ cup plain low-fat yogurt
- ½ cup 1% or fat-free skim milk
- ½ teaspoon cinnamon
- ¼ cup fresh strawberries
- ½ cup sliced bananas

DIRECTIONS

1. Wash hands with soap and water.
2. In a plastic container, add oats.
3. Pour in yogurt, milk and cinnamon and stir gently to combine.
4. Add fruit and cover container with a lid.
5. Refrigerate overnight or for at least 4 hours.

NUTRITION NOTE

This recipe makes 1 serving with 295 calories, 4 grams fat, 11 grams protein, 56 grams carbohydrates and 58 milligrams sodium.

Recipe Source: Massachusetts WIC Program

WIC TIP

How can I use milk and yogurt?

Make it a habit to serve milk at meals for your family. It is hard to get enough calcium if you don't drink milk. Other ways to boost your calcium intake include drinking calcium-fortified juice, eating yogurt and cheese and cooking with milk in recipes. Check out [foodhero.org/magazines/milk](https://www.foodhero.org/magazines/milk) and [foodhero.org/magazines/yogurt](https://www.foodhero.org/magazines/yogurt) for more tips and recipes using milk and yogurt.

POWER SMOOTHIE

INGREDIENTS

- 1 cup orange juice
- ½ cup pineapple juice
- ½ cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- 2 cups crushed ice or frozen fruits/vegetables

DIRECTIONS

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Puree until completely smooth.
4. Serve immediately.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 90 calories, 0.5 grams fat, 3 grams protein, 20 grams carbohydrates and 35 milligrams sodium.

Recipe Source: [Food Hero](https://www.foodhero.org)

STRETCH YOUR FOOD DOLLARS

Compare similar products. Locate the "unit price" on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option. Store brands are usually less expensive.

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