

PICK-WIC PAPER

RECIPES

- **BROCCOLI POTATO SOUP**
- **FAVORITE ONE-DISH CHICKEN**
- **BREAKFAST CONES**
- **BANANA SPLIT SMOOTHIES**
- **HAM, CHEESE & SPINACH MUFFINS**

BROCCOLI POTATO SOUP

INGREDIENTS

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium preferred
- 1 cup fat-free evaporated milk
- ½ cup instant mashed potatoes, prepared with water for 1 cup potatoes or 1 cup leftover mashed potatoes
- Salt and pepper to taste
- ¼ cup shredded cheddar cheese

DIRECTIONS

1. Wash hands with soap and water.
2. Combine broccoli, onion and broth in a large saucepan. Bring to a boil.
3. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper. Stir in more milk or water if soup starts to become too thick.
6. Sprinkle about 1 tablespoon cheese over each serving.

NUTRITION NOTE

This recipe makes 4 servings. Each serving, using low-sodium broth, has 178 calories, 4 grams fat, 15 grams protein, 23 grams carbohydrates and 225 milligrams sodium.

Recipe Source: [USDA MyPlate Kitchen](https://www.ams.usda.gov/MyPlateKitchen)

FOOD SAFETY

Food Safety: The Main Ingredient

Keep raw meat, poultry, seafood and eggs separate from other foods.

Source: [FDA Food Safety at Home](https://www.fda.gov/food/food-safety-at-home)

WHY BREASTFEED?

"Initially I chose to breastfeed to save money, but the more I nursed the more I realized how incredible the bonding time is. Breastfeeding has its ups and downs, but you'll never regret time spent holding your baby!"

- Kacy, ND WIC Breastfeeding Mom

FAVORITE ONE-DISH CHICKEN

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 12 ounces), cut in half
- 1 can (10.5 ounces) cream of chicken soup, reduced fat and low sodium preferred
- 1 cup fat-free skim or 1% milk
- ½ cup shredded cheddar cheese
- 1 cup instant brown rice, uncooked
- ½ teaspoon thyme
- ½ teaspoon paprika

DIRECTIONS

1. Wash hands and counters with soap and water before preparing recipe and after cutting chicken.
2. Heat oven to 350 degrees F. Spray a 2-quart baking dish with nonstick cooking spray.
3. Combine soup, milk and cheese, set aside ¼ cup of this mixture. Combine remaining soup mixture with rice. Spoon into baking dish.
4. Top with chicken. Spoon extra soup mixture over chicken. Sprinkle with thyme and paprika.
5. Bake for 35 minutes or until chicken reaches an internal temperature of 165 with a food thermometer.

NUTRITION NOTE

This recipe makes 4 servings. Each serving, using reduced fat/sodium soup, has 310 calories, 9 grams fat, 29 grams protein, 29 grams carbohydrates and 410 milligrams sodium.

REFER TO WIC

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



BREAKFAST CONES

INGREDIENTS

- 3 tablespoons blueberries
- 3 tablespoons sliced strawberries
- 3 ice cream cones
- 1 cup nonfat/low-fat yogurt, any flavor

DIRECTIONS

1. Wash hands with soap and water. Wash berries.
2. Use a spoon to fill the bottom of the cone with yogurt.
3. Top with berries.

NUTRITION NOTE

This recipe makes 3 cones. Each cone has 90 calories, 1.5 grams fat, 4 grams protein, 16 grams carbohydrates and 65 milligrams sodium.

Recipe Source: [University of Nebraska Extension Food](#)

BANANA SPLIT SMOOTHIES

INGREDIENTS

- 1 cup nonfat/low-fat vanilla yogurt
- ½-¾ cup fat-free skim or 1% milk
- 1 cup fresh or frozen whole strawberries
- 1 tablespoon unsweetened cocoa powder
- ½ teaspoon vanilla
- 1 banana
- ½ cup ice

DIRECTIONS

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Cover and blend until smooth.

NUTRITION NOTE

This recipe makes 2 servings. Each serving has 220 calories, 2.5 grams fat, 11 grams protein, 42 grams carbohydrates and 125 milligrams sodium.

WIC TIP

Start Simple with MyPlate

Move to Low-Fat or Fat-Free Milk or Yogurt:
Serving your kids milk at meals is the easiest way to meet your dairy needs. If you don't drink milk, try adding dairy foods to your meals and snacks.
Check out myplate.gov for more tips.

HAM, CHEESE & SPINACH MUFFINS

INGREDIENTS

- 2 eggs
- 1½ cups fat-free or 1% milk
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup chopped ham
- ½ cup shredded cheese, any variety
- 1 cup chopped fresh spinach

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 375 degrees F.
3. In a mixing bowl, mix eggs and milk together with a fork. Stir in all remaining ingredients.
4. Spray a muffin tin with nonstick cooking spray. Spoon batter into the muffin pan, filling each $\frac{3}{4}$ full.
5. Bake for 20-25 minutes or until cooked to 165 degrees F with a food thermometer.

NUTRITION NOTE

This recipe makes 12 muffins. Each muffin has 140 calories, 3 grams fat, 8 grams protein, 45 grams carbohydrates and 250 milligrams sodium.

Recipe Source: [Nutrition Matters](#)

MEALTIME TIPS

Drinks Matter

Did you know the only beverages your child needs are water and milk? Avoid drinks with added sugars like soda, flavored milks, juice drinks and sports drinks. Check out myplate.gov for more tips.

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