

# PICK-WIC PAPER

## RECIPES

- **WHITE CHICKEN CHILI**
- **COWBOY SALAD**
- **SALMON & SWEET POTATO CAKES**
- **TUNA APPLE SALAD**
- **ONE MINUTE BEAN BURRITO**

### WHITE CHICKEN CHILI

#### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound boneless, skinless chicken breast, cubed
- 1 onion, chopped
- 1½ teaspoons garlic powder or 6 cloves garlic, minced
- 2 cans (15-16 ounces) white beans, drained and rinsed
- 2 cups (or 14.5 ounce can) low-sodium chicken broth
- 2 cans (4 ounces each) chopped green chiles
- 1 teaspoon cumin
- 1 teaspoon oregano
- ½ teaspoon black pepper
- 1 cup low-fat sour cream or plain yogurt
- ½ cup fat-free or 1% milk

#### DIRECTIONS

1. Wash hands and counters with soap and water after handling chicken.
2. In a large saucepan, heat oil on medium heat. Sauté chicken, onion and garlic until chicken is browned.
3. Add beans, broth, chiles and seasonings. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes. Remove from heat and let cool for about a minute. Stir in sour cream/yogurt and milk.

#### NUTRITION NOTE

This recipe makes 8 servings. Each serving has 300 calories, 10 grams fat, 23 grams protein, 30 grams carbohydrates and 580 milligrams of sodium.

Recipe Source: [Food Hero](#)

## FOOD JOKES

Why are tuna so smart?  
Because they spend all their time in schools!

Knock knock! Who's there? Bean. Bean who?  
Bean awhile since I've seen you!

Source: [Food Hero](#)

## WHY BREASTFEED?

*"I chose to breastfeed because I wanted to do what's best for my baby and experience a deeper bond. I feel an enormous sense of gratitude to know I can provide for him in that way."*

- Kaitlin, WIC Breastfeeding Mom

### COWBOY SALAD

#### INGREDIENTS

- 2 cans (15-16 ounces each) black-eyed peas or black beans, drained and rinsed
- 1½ cups corn (canned, drained and rinsed or cooked from fresh or frozen)
- 1 bunch cilantro, chopped
- 5 green onions, chopped
- 3 medium tomatoes, diced
- 1 avocado, chopped (optional)
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar or lime juice
- ½ teaspoon salt
- ½ teaspoon black pepper

#### DIRECTIONS

1. Wash hands with soap and water. Wash cilantro and fresh vegetables before preparing.
2. In a large bowl, combine all veggies.
3. In a small bowl, mix oil, vinegar, salt and pepper.
4. Pour oil mixture over veggies and toss lightly.
5. Serve with tortilla chips, over baked potatoes or as a filling in tortillas.

#### NUTRITION NOTE

This recipe makes 15 servings. Each serving has 90 calories, 3.5 grams fat, 4 grams protein, 14 grams carbohydrates and 260 milligrams sodium.

Recipe Source: [Food Hero](#)

## REFER TO WIC

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



## SALMON & SWEET POTATO CAKES

### INGREDIENTS

- 2 cans (5 ounces each) salmon, drained
- 1 container (4 ounces) baby food sweet potatoes
- 1 egg
- 1 teaspoon dried dill
- ¼ cup bread crumbs, whole wheat preferred
- 1 tablespoon olive or vegetable oil

### DIRECTIONS

1. Wash hands with soap and water.
2. In a large bowl, place salmon, sweet potato, egg, dill and bread crumbs. Mix well to combine.
3. Shape the mixture into 9 patties. Use about 2 tablespoons of the mixture to make each patty about ½ inch thick.
4. Lightly coat a large skillet with some of the oil over medium-high heat. Cook 3 patties at a time for 3-4 minutes on each side until lightly brown on both sides.

### NUTRITION NOTE

This recipe makes 9 patties. Each patty has 60 calories, 3 grams fat, 6 grams protein, 4 grams carbohydrates and 130 milligrams sodium.

Recipe Source: Nutrition Matters Inc. - reprinted with permission

## TUNA APPLE SALAD

### INGREDIENTS

- 3 tablespoons light mayonnaise
- 3 tablespoons nonfat plain yogurt
- 1 can (5 ounces each) tuna (water-packed), drained
- 1 medium apple, cored and cut into small bite-sized pieces or shredded
- 3 tablespoons thinly sliced celery or shredded carrot

### DIRECTIONS

1. Wash hands with soap and water. Wash apple and celery/carrot before preparing.
2. In a medium bowl, mix mayonnaise and yogurt.
3. Stir in tuna, apple and celery/carrots until well mixed. Add salt and pepper to taste.
4. Serve with whole grain crackers, on toast, as a topping on lettuce salad or rolled up in a tortilla.

### NUTRITION NOTE

This recipe makes 2 servings. Each serving has 180 calories, 6 grams fat, 16 grams protein, 17 grams carbohydrates and 440 milligrams sodium.

Recipe Source: Nutrition Matters Inc. - reprinted with permission

## WIC TIP

How can I use beans and canned fish?

Beans and canned fish, such as salmon and tuna, are excellent sources of protein. Protein is used to build strong bones and muscles and to help your child grow. Experiment with meals made with beans or canned fish as they are less expensive than fresh meat. Go to [foodhero.org](http://foodhero.org) for more tips and recipes.

## ONE MINUTE BEAN BURRITO

### INGREDIENTS

- 4 whole wheat tortillas
- 1 can (16 ounces) fat-free refried beans
- 2 ounces (about ½ cup) shredded cheddar cheese
- ½ cup salsa
- ½ cup shredded lettuce
- ½ cup tomatoes, diced

### DIRECTIONS

1. Wash hands and counters with soap and water. Wash tomatoes before preparing.
2. Spread ¼ of the beans on each tortilla and top with ¼ of the cheese and salsa.
3. Arrange the tortillas on a large, microwave-safe plate and microwave for 1 minute or until beans are hot and cheese has started to melt.
4. Top bean mixture with lettuce and tomato. Close burritos by folding in the left and right sides of the tortilla and then rolling up from the top to bottom.

### NUTRITION NOTE

This recipe makes 4 burritos. Each burrito has 290 calories, 9 grams fat, 14 grams protein, 41 grams carbohydrates and 1,140 milligrams sodium.

## TAKE A SCREEN BREAK!

Work on catching skills with your child. Use a soft ball or rolled up sock. Have them toss it up and catch it. Ask them to keep an eye on it as it travels up and down through the air.

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