

# PICK-WIC PAPER

## RECIPES

- **AS-YOU-LIKE-IT BREAKFAST CASSEROLE**
- **ONE PAN CHICKEN ALFREDO**
- **ONE PAN TACO SKILLET**
- **STUFFED FRENCH TOAST WRAPS**
- **BAKED TORTILLA CHIPS**

### AS-YOU-LIKE-IT BREAKFAST CASSEROLE

#### INGREDIENTS

- 8 eggs
- 2 cups fat-free skim or 1% milk
- 2 cups shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 6 slices day-old whole wheat bread, cut into cubes

Additions (choose two or three):

- 1 cup corn, cooked or frozen
- 1/2 cup chopped broccoli
- 3/4 cup sliced mushrooms
- 1/4 cup sliced green onion or chopped onion
- 1 cup cubed ham

#### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 350 degrees F.
3. Beat eggs in a large bowl. Mix in milk, cheese, salt and pepper. Add bread and carefully stir until all pieces are moistened. Add 2-3 of the additions listed above.
4. Bake in a casserole dish for 1-1 1/2 hours or until it reaches an internal temperature of 160 degrees F with a food thermometer. Cool 10 minutes before serving.

#### NUTRITION NOTE

This recipe makes 12 servings. Each serving (using broccoli, mushrooms and onions) has 130 calories, 5 grams fat, 12 grams protein, 9 grams carbohydrates and 320 milligrams sodium.

Recipe Source: [NDSU Extension Service Food and Nutrition](#)

## FOOD SAFETY

### Food Safety: The Main Ingredient

Chill foods by putting in the fridge within 2 hours after cooking or buying from the store.

Source: [FDA Food Safety at Home](#)

## WHY BREASTFEED?

*"In my culture, we breastfeed until our babies turn 4 years old. So, I never thought of feeding my baby any other way."*

- Keylim, ND WIC Breastfeeding Mom

### ONE PAN CHICKEN ALFREDO

#### INGREDIENTS

- 1 large chicken breast, cubed (about 1 cup)
- 2 teaspoons oil
- 2 tablespoons all-purpose flour
- 1 3/4 cups chicken broth, low sodium preferred
- 1 3/4 cups fat-free skim or 1% milk
- 1 teaspoon garlic powder or 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 1/2 teaspoon basil
- 8 ounces whole grain pasta (about 3 cups), uncooked
- 2 cups chopped broccoli, fresh or frozen
- 1 cup grated parmesan cheese

#### DIRECTIONS

1. Wash hands and counters with soap and water after handling chicken.
2. In a skillet over medium-high heat, brown chicken in oil.
3. Add flour, broth, milk, spices and pasta and stir well.
4. Bring to a boil, then reduce heat to simmer and cover. Cook until pasta is almost tender, stirring occasionally.
5. Add broccoli, cover and cook until broccoli is tender.
6. Remove from heat and stir in cheese.

#### NUTRITION NOTE

This recipe makes 8 servings. Each serving, using low-sodium broth, has 240 calories, 7 grams fat, 14 grams protein, 29 grams carbohydrates and 230 milligrams sodium.

Recipe Source: [Food Hero](#)

## REFER TO WIC

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## ONE PAN TACO SKILLET

### INGREDIENTS

- 1 tablespoon oil
- 1 pound lean ground beef or turkey
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ can black beans, rinsed and drained
- ¾ cup corn, frozen, canned or fresh
- 1 cup cooked brown rice
- 1 jar (16 ounces) salsa
- ½-1 cup shredded cheese, any variety

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oil in a skillet over medium-high heat. Add ground meat and brown. When almost done, add chili powder and cumin.
3. Add beans, corn, salsa and brown rice, then stir. Simmer for a couple of minutes.
4. Top with cheese and cover until melted.

### NUTRITION NOTE

This recipe makes 6 servings. Each serving has 330 calories, 15 grams fat, 23 grams protein, 25 grams carbohydrates and 750 milligrams sodium.

## STUFFED FRENCH TOAST WRAPS

### INGREDIENTS

- 1 large egg
- ¼ cup fat-free skim or 1% milk
- 1 teaspoon cinnamon
- 3 whole wheat tortillas
- ¾ cup nonfat or low-fat vanilla yogurt
- 1 cup cut-up fresh or canned fruit

### DIRECTIONS

1. Wash hands with soap and water.
2. Combine egg, milk and cinnamon in a shallow dish. Dip tortilla into egg mixture coating each side. Allow to soak for 1 minute.
3. Cook tortilla in a skillet over medium heat for 2 minutes on each side until browned.
4. Place ¼ cup yogurt and ⅓ cup fruit in the middle of tortilla, then roll.
5. Top with more yogurt and fruit before serving.

### NUTRITION NOTE

This recipe makes 3 servings. Each serving has 230 calories, 5 grams fat, 11 grams protein, 36 grams carbohydrates and 105 milligrams sodium.

Recipe Source: [NDSU Extension Service Food and Nutrition](#)

## WIC TIP

### Start Simple with MyPlate

Make Half Your Grains Whole Grain: Try a variety of whole grain foods like whole wheat bread or tortillas, whole wheat cereals, oatmeal, brown rice or whole grain pasta. Whole grains provide more fiber, vitamins and minerals to keep your family healthy. Check out [myplate.gov](http://myplate.gov) for more tips.

## BAKED TORTILLA CHIPS

### INGREDIENTS

- 2 corn tortillas (6-8 inches)
- ⅛ teaspoon salt
- ¼ teaspoon oil or cooking spray
- ⅛ teaspoon seasoning like garlic, onion or chili powder, cumin or a mixture

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 375-450 degrees F.
3. Choose your version: **Plain** – Sprinkle with salt or other seasonings. **Cooking Spray** – Spray lightly with cooking spray. Sprinkle with salt or other seasonings. **Oil** – Brush oil on one side of each tortilla. Sprinkle with salt or other seasonings.
4. Cut each tortilla into 8 wedges. Arrange in a single layer on baking sheet.
5. Bake for 5-10 minutes depending on oven temperature. Watch closely to avoid burning.

### NUTRITION NOTE

This recipe makes 16 chips. Each serving (8 chips) has 70 calories, 1 gram fat, 2 grams protein, 14 grams carbohydrates and 150 milligrams sodium.

Recipe Source: [Food Hero](#)

## MEALTIME TIPS

### Offer Choices

Like adults, kids like to have a say in what they eat. "A pear or an apple?" "Whole wheat toast or some crackers?" You offer the healthy options, but they get to choose. Check out [myplate.gov](http://myplate.gov) for more tips.

*This institution is an equal opportunity provider.*