

PICK-WIC PAPER

RECIPES

- SWEET AND SOUR CHICKEN AND RICE
- SPICY RICE AND GROUND BEEF CASSEROLE
- WAKE-UP RICE
- PIZZA RICE
- RICE BOWL SOUTHWESTERN STYLE

SWEET AND SOUR CHICKEN AND RICE

INGREDIENTS

- 2 cups instant brown rice, uncooked
- 1 package (12 ounces) frozen stir-fry vegetables
- 1 pound boneless, skinless chicken breasts
- 1 teaspoon oil
- 1 can (8 ounces) pineapple chunks in 100% juice
- ¼ cup sweet and sour sauce

DIRECTIONS

1. Wash hands with soap and water.
2. Cook rice according to package instructions, and remove stir-fry vegetables from freezer to thaw.
3. Cut chicken into ¾ inch pieces. Wash hands and counters with soap and water after cutting chicken.
4. Heat oil in skillet over medium heat. When oil is hot, add chicken and cook until done.
5. Add vegetables, pineapple (undrained) and sauce to skillet. Cook over medium low heat for about 5 minutes. Serve over rice.

NUTRITION NOTE

This recipe makes 5 servings. Each serving has 370 calories, 5 grams fat, 32 grams protein, 48 grams carbohydrates and 130 milligrams of sodium.

Recipe Adapted from: [Iowa State University Extension](#)

WHY BREASTFEED?

"Because of the difference in my formula-fed baby to my second child who was breastfed. He had a bigger variety of taste to different foods."

- Breastfeeding Mom from Minot AFB WIC

SPICY RICE AND GROUND BEEF CASSEROLE

INGREDIENTS

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 small bell pepper, chopped
- 1 cup instant brown rice, uncooked
- 2 cups chopped tomatoes
- 1 cup water
- 1 tablespoon chili powder
- 1 tablespoon oregano
- 1 teaspoon salt
- ½ cup shredded cheddar cheese

DIRECTIONS

1. Wash hands with soap and water.
2. Brown meat in a large skillet over medium-high heat. Drain excess fat. Add onion and peppers. Cook for 8-10 minutes until vegetables are soft.
3. Add rice, tomatoes, water and spices. Mix well and bring to a boil. Reduce heat to medium low, cover and simmer for 20 minutes. Sprinkle with cheese and serve.
4. Note: If using regular brown rice, use 2 cups water and cook for an additional 20 minutes.

NUTRITION NOTE

This recipe makes 8 servings. Each serving has 240 calories, 9 grams fat, 15 grams protein, 26 grams carbohydrates and 580 milligrams sodium.

Recipe Source: [Food Hero](#)

FOOD JOKES

Knock, Knock. Who's there?
Rice. Rice, who? Rice to meet you!

Source: [Food Hero](#)

REFER TO WIC

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



WAKE-UP RICE

INGREDIENTS

- 1 cup instant brown rice, uncooked
- 1 cup water
- ¼ teaspoon cinnamon
- ¼ to ½ cup 1% or fat-free skim milk

DIRECTIONS

1. Wash hands with soap and water.
2. Cook brown rice according to package directions.
3. Spoon into bowls and top with cinnamon and milk.
4. Other toppings to try include: raisins, chopped apple, applesauce, canned peaches, banana slices, blueberries, flavored yogurt.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 90 calories, 1 gram fat, 3 grams protein, 18 grams carbohydrates and 15 milligrams sodium.

PIZZA RICE

INGREDIENTS

- ½ pound lean ground beef
- 2 cups pizza sauce
- 1½ cups low-fat cottage cheese
- 2 cups cooked brown rice
- ½ cup shredded mozzarella cheese

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 325 degrees. Coat a 9x9 inch baking pan with nonstick cooking spray.
3. In a skillet, brown ground beef. Drain excess fat. Add pizza sauce and simmer for 10 minutes.
4. In a mixing bowl, combine cottage cheese and rice.
5. In the baking pan, layer ⅓ rice mixture then ⅓ meat mixture; repeat twice. Sprinkle with mozzarella cheese.
6. Bake for 30 minutes.

NUTRITION NOTE

This recipe makes 5 servings. Each serving has 300 calories, 9 grams fat, 24 grams protein, 30 grams carbohydrates and 730 milligrams sodium.

WIC TIP

How can I use brown rice?

Brown rice is different than white rice as the bran layer hasn't been removed. The bran layer contains fiber and many nutrients and give brown rice a nuttier taste and chewier texture. Use brown rice instead of white rice in your favorite recipes, but it will take longer to cook. Check out foodhero.org/magazines/rice for more tips and recipes using brown rice.

RICE BOWL SOUTHWESTERN STYLE

INGREDIENTS

- 1 teaspoon oil
- 1 cup chopped vegetables (like bell peppers, onion, corn, tomato, zucchini, etc.)
- ½ teaspoon salt
- 1 cup cooked brown rice
- 1 cup cooked meat or beans
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- 2 tablespoons salsa, shredded cheese or low-fat sour cream

DIRECTIONS

1. Wash hands with soap and water.
2. In a medium skillet, heat oil over medium-high heat. Add vegetables and salt. Cook until tender-crisp, about 3-5 minutes.
3. Add cooked rice, meat/beans and seasonings. Heat through.
4. Divide into two bowls and top with salsa, cheese or sour cream.

NUTRITION NOTE

This recipe makes 2 servings. Each serving has 320 calories, 12 grams fat, 19 grams protein, 35 grams carbohydrates and 410 milligrams sodium.

Recipe Source: Food Hero

STRETCH YOUR FOOD DOLLARS

Look for sales. Sales flyers usually come out mid-week and can be found at the store's entrance, in the newspaper, on their website or social media pages. Grocery stores rotate their sales and buying sale items is a way to save money and get variety.

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