

# PICK-WIC PAPER

## RECIPES

- CHICKEN NUGGETS
- SUPER NACHOS
- PIZZA PLEASE
- SWEET POTATO FRIES
- BUTTERMILK PANCAKES

### CHICKEN NUGGETS

#### INGREDIENTS

- 1 large egg
- 2 tablespoons fat-free skim or 1% milk
- 3½ cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-size pieces
- 1 can (8 ounces) sliced or crushed pineapple in juice
- 1 tablespoon cornstarch
- ¼ cup pineapple juice
- ¼ cup barbecue sauce

#### DIRECTIONS

1. Wash hands with soap and water. Wash counters with soap and water after cutting chicken.
2. Heat oven to 400 degrees F. Coat a baking pan with nonstick cooking spray.
3. In a small bowl, whisk egg and milk together.
4. Place crushed cornflakes in a plastic bag.
5. Dip chicken pieces in egg mixture, then shake with cornflakes to coat. Put chicken on baking pan.
6. Bake for 15 minutes or until chicken reaches an internal temperature of 165 degrees F with a food thermometer.
7. To make the dipping sauce, pour undrained pineapple into a blender. Blend until it is a thick puree. Pour pineapple puree into a saucepan and add cornstarch; mix well. Add pineapple juice and barbecue sauce and mix well. Bring to a boil, then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat and serve with baked chicken nuggets.

#### NUTRITION NOTE

This recipe makes 4 servings. Each serving has 265 calories, 3 grams fat, 23 grams protein, 34 grams carbohydrates and 443 milligrams sodium.

## FOOD SAFETY

Food Safety: The Main Ingredient

Keep it clean by washing your hands before and after touching food.

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

## WHY BREASTFEED?

*"Because breast milk is unique that it changes to the baby's needs, and it's always available without other needed accessories."*

- Tara, ND WIC Breastfeeding Mom

### SUPER NACHOS

#### INGREDIENTS

- 1 pound lean ground beef
- 1 large onion, chopped
- ¼ teaspoon hot sauce
- ½ cup taco sauce or salsa
- 1½ cups fat free refried beans
- 1 can (4 ounces) chopped green chilies
- 1 cup chopped fresh or canned tomatoes
- ⅓ cup chopped ripe olives
- 2 cups shredded cheddar cheese

#### DIRECTIONS

1. Wash hands with soap and water.
2. In a frying pan, brown ground beef and onion; drain and rinse excess fat.
3. Add hot and taco sauce. Simmer for 5 minutes.
4. Spread refried beans on a large microwave-safe plate. Top with meat mixture.
5. Layer chilies, tomatoes and olives on top of meat mixture. Spread cheese evenly on top.
6. Microwave for 3-5 minutes or until cheese melts.
7. Serve with tortilla chips.

Note: A taco seasoning packet could be used instead of hot and taco sauce. Follow package instructions.

#### NUTRITION NOTE

This recipe makes 8 servings. Each serving has 270 calories, 16 grams fat, 21 grams protein, 12 grams carbohydrates and 570 milligrams sodium.

## REFER TO WIC

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



## PIZZA PLEASE

### INGREDIENTS

- 4 whole-wheat tortillas
- ¼ cup tomato paste (low sodium preferred)
- 1 teaspoon Italian seasoning
- 2 medium tomatoes, thinly sliced
- ¼ cup shredded mozzarella cheese

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 425 degrees F.
3. Pierce tortillas with a knife and place on a baking sheet. Bake for 2 minutes or until crisp.
4. Spread tomato paste evenly on all tortillas. Sprinkle with Italian seasoning.
5. Add a layer of tomatoes and mozzarella cheese.
6. Bake for 5 minutes or until cheese has melted.

Note: Prepared pizza sauce can be used instead of the tomato paste and Italian seasoning.

### NUTRITION NOTE

This recipe makes 4 servings. Each serving (using low-sodium tomato paste) has 180 calories, 5 grams fat, 7 grams protein, 28 grams carbohydrates and 380 milligrams sodium.

## SWEET POTATO FRIES

### INGREDIENTS

- 4 medium sweet potatoes
- Pinch of salt and pepper
- 1 tablespoon canola oil

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 450 degrees F. Coat a baking pan with nonstick cooking spray.
3. Wash potatoes and cut into wedges, about ½ inch wide. Place into a large bowl.
4. Sprinkle with salt and pepper. Drizzle oil over potatoes and toss until coated.
5. Spread potatoes on baking pan in a single layer.
6. Bake for 15 minutes. Remove and turn potatoes over, then bake for 10-15 additional minutes until they are cooked through and crispy.

### NUTRITION NOTE

This recipe makes 6 servings. Each serving has 90 calories, 2.5 grams fat, 2 grams protein, 16 grams carbohydrates and 50 milligrams sodium.

## WIC TIP

### Start Simple with MyPlate

Drink and Eat Less Added Sugars, Saturated Fat and Sodium: Cook at home more often to limit added sugars, saturated fat and sodium. Making meals at home gives you more control over the ingredients. If you need ideas, try a recipe from this newsletter. Check out [myplate.gov](https://www.myplate.gov) for more tips.

## BUTTERMILK PANCAKES

### INGREDIENTS

- 1½ cups all-purpose flour
- 1½ tablespoons white sugar
- 1½ teaspoons baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1½ cups buttermilk
- ¼ cup fat-free skim or 1% milk
- 2 large eggs
- 3 tablespoons butter, melted

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat griddle or frying pan over medium heat.
3. In a large bowl, combine flour, sugar, baking powder, baking soda and salt.
4. In a separate bowl, beat together buttermilk, milk, eggs and butter.
5. Add the wet mixture into the dry mixture using a wooden spoon or fork to blend. Do not over stir.
6. Pour or scoop batter on the griddle or frying pan using about ¼ cup for each pancake. Brown on both sides.

Note: To make buttermilk, place 1 tablespoon of lemon juice or vinegar in a measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.

### NUTRITION NOTE

This recipe makes 16 pancakes. Each pancake has 90 calories, 3 grams fat, 3 grams protein, 12 grams carbohydrates and 210 milligrams sodium.

## MEALTIME TIPS

Connect at Mealtimes: Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can unplug, interact and focus on each other. Check out [myplate.gov](https://www.myplate.gov) for more tips.

*This institution is an equal opportunity provider.*