

# PICK-WIC PAPER

## RECIPES

- HAWAIIAN SHEET PAN MEAL
- STIR-FRY
- MASHED POTATOES
- VEGETABLE DIP
- ROASTED VEGETABLES

### HAWAIIAN SHEET PAN MEAL

#### INGREDIENTS

- 1½ pounds boneless, skinless chicken breasts or thighs, cubed
- Salt and pepper (to taste)
- 1 tablespoon oil
- 1 large red bell pepper, diced
- 1 large orange bell pepper, diced
- ½ red onion, cut into chunks
- ½ cup barbecue sauce (plus more for drizzling)
- 1 cup pineapple chunks, canned (drained) or fresh
- 6 cups cooked brown rice

#### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 350 degrees F. Line a baking sheet with parchment paper and coat with cooking spray.
3. In a large mixing bowl, season chicken with salt, pepper and a drizzle of oil. Add peppers, onion and barbecue sauce. Stir mixture to coat thoroughly.
4. Bake for 20 minutes. Remove from oven and add pineapple chunks. Return to oven for 15-20 minutes or until chicken reaches an internal temperature of 165 degrees F with a food thermometer.
5. Serve over rice.

#### NUTRITION NOTE

This recipe makes 6 servings. Each serving has 470 calories, 7 grams fat, 32 grams protein, 68 grams carbohydrates and 340 milligrams sodium.

Recipe Source: [NDSU Extension Service](#)

## FOOD SAFETY

Food Safety: The Main Ingredient  
Keep it clean by washing counters and cooking tools. Do this after working with each food item.

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

## WHY BREASTFEED?

*"Breastfeeding is cheaper and really convenient. I also like the idea of being able to feed my baby myself."*

- Danica, ND WIC Breastfeeding Mom

### STIR-FRY

#### INGREDIENTS

- 1 pound boneless, skinless chicken breasts or beef round steak
- 1 tablespoon oil
- 2 cups raw vegetables, washed and cut into bite-sized pieces (carrots, celery, onion, green pepper, broccoli, frozen peas/pea pods, etc.)
- ½ cup chicken or beef broth, low sodium preferred
- 2 cups cooked brown rice
- Optional: low-sodium soy sauce, garlic powder

#### DIRECTIONS

1. Wash hands with soap and water.
2. Cut meat into thin slices or small cubes. Wash counters with soap and water.
3. Heat oil in a frying pan. Add meat and cook until almost done.
4. Add vegetables and broth.
5. Cook until meat reaches an internal temperature for chicken 165 degrees F, beef 145 degrees F with a food thermometer, and vegetables are tender, but crisp.
6. Stir in rice or serve over rice.
7. Add soy sauce or garlic powder as desired.

#### NUTRITION NOTE

This recipe makes 4 servings. Each serving (using low-sodium broth) has 300 calories, 7 grams fat, 27 grams protein, 29 grams carbohydrates and 150 milligrams sodium.

## REFER TO WIC

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



## MASHED POTATOES

### INGREDIENTS

- 6 medium potatoes (about 2 pounds)
- ½ cup fat-free skim or 1% milk

### DIRECTIONS

1. Wash hands with soap and water.
2. Wash, peel and quarter potatoes.
3. Place in a large pot filled with water. Boil until cooked.
4. Drain. Add milk and mash.

Note: Seasoning options include 1 teaspoon garlic powder, diced chives, shredded cheese, etc.

### NUTRITION NOTE

This recipe makes 4 servings. Each serving has 250 calories, 0 grams fat, 8 grams protein, 56 grams carbohydrates and 40 milligrams sodium.

## VEGETABLE DIP

### INGREDIENTS

- 1 cup low-fat cottage cheese
- 1 cup nonfat/low-fat plain yogurt
- ½ package ranch dip mix

### DIRECTIONS

1. Wash hands with soap and water.
2. In a small bowl, combine all ingredients.
3. Serve with your family's favorite fresh vegetables.

### NUTRITION NOTE

This recipe makes 8 servings. Each serving has 80 calories, 1 gram fat, 5 grams protein, 4 grams carbohydrates and 330 milligrams sodium.

## WIC TIP

### Start Simple with MyPlate

Vary Your Veggies: Go for a dip or a dunk. Enjoy fresh veggies dunked into your favorite dip for a snack. Have veggies you need to use up? Try a stir-fry. Use any fresh veggies on hand for a quick meal. Check out [myplate.gov](http://myplate.gov) for more tips.

## ROASTED VEGETABLES

### INGREDIENTS

- Choose from asparagus spears, bell peppers, broccoli spears, cauliflower, eggplant, green beans, mushrooms, zucchini, or yellow summer squash
- Oil or nonstick cooking spray
- Salt
- Black pepper
- Parmesan cheese

### DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 450 degrees F.
3. Choose any combination of vegetables from the ingredient list. Wash, remove tough ends and stems and cut into 1-inch pieces.
4. Place vegetable pieces in a shallow baking pan. Drizzle lightly with oil and stir to coat or spray with nonstick cooking spray.
5. Bake 10-15 minutes until vegetables are tender-crisp and lightly browned.
6. Sprinkle with salt, pepper and/or parmesan cheese to taste.

Recipe Source: [Minnesota WIC Program](http://Minnesota WIC Program)

## MEALTIME TIPS

Model Healthy Behaviors:  
Kids tend to copy what their parents or caregivers do at the table. If you eat your veggies, they'll eat their veggies. And it's good for both of you. Check out [myplate.gov](http://myplate.gov) for more tips.

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