

PICK-WIC PAPER

RECIPES

- **ROASTED CAULIFLOWER STEAKS**
- **BLUEBERRY MUFFINS**
- **EASY FRUIT SALAD**
- **STRAWBERRY SPINACH SALAD**
- **GRILLED FRUIT**

ROASTED CAULIFLOWER STEAKS

INGREDIENTS

- 1 head cauliflower (medium to large)
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon paprika (optional)
- ¼ cup grated cheese (optional)

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 400 degrees F. Lightly coat a baking sheet with cooking spray.
3. Wash cauliflower before preparing. Slice from top to bottom through the core into 1-1½-inch thick steaks. Place on baking sheet flat side down.
4. In a small bowl, mix remaining ingredients except cheese. Spread half of this mixture on cauliflower. Roast for 20 minutes.
5. Remove from oven, turn over cauliflower and spread on rest of the mixture. Roast for 15-20 minutes or until cauliflower is brown and tender.
6. Sprinkle with cheese, if desired, before serving.

NUTRITION NOTE

This recipe makes 6 servings. Each serving has 50 calories, 2.5 grams fat, 2 grams protein, 6 grams carbohydrates and 220 milligrams sodium.

Recipe Source: [Food Hero](#)

FOOD JOKES

Why did the banana go to the doctor?
Because he wasn't peeling well.

What do you call a movie about leafy greens? A fairy-kale

Source: [Food Hero](#)

WHY BREASTFEED?

"I knew it was healthiest. It is so easy and has helped to keep my baby healthy. She has not been sick in her 8-month life!"

- Avery, WIC Breastfeeding Mom

BLUEBERRY MUFFINS

INGREDIENTS

- 1½ cups whole-wheat or all-purpose flour
- ½ cup white sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg
- ⅓ cup 1% or fat-free skim milk
- ½ cup unsweetened applesauce
- 2 cups fresh blueberries

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 400 degrees F. Lightly coat 12 muffin cups with cooking spray or use paper liners.
3. In a large bowl, mix flour, sugar, salt and baking powder.
4. In a medium bowl, mix oil, egg, milk and applesauce.
5. Stir liquid ingredients into the dry ingredients until just moistened. Lightly stir in blueberries.
6. Fill each muffin cup about ¾ full.
7. Bake about 20 minutes or until a toothpick inserted into the center comes out moist but without batter.

NUTRITION NOTE

This recipe makes 12 muffins. Each muffin has 160 calories, 7 grams fat, 3 grams protein, 24 grams carbohydrates and 190 milligrams sodium.

Recipe Source: [Food Hero](#)

REFER TO WIC

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EASY FRUIT SALAD

INGREDIENTS

- 2 cups fresh strawberries, sliced
- 2 cups green grapes, halved
- 1 small cantaloupe, cubed
- 2 bananas, sliced
- 1/3 cup 100% orange juice

DIRECTIONS

1. Wash hands with soap and water.
2. Wash fruits before preparing.
3. In a large bowl, combine prepared fruit.
4. Pour juice over fruit and toss to coat.
5. Cover and refrigerate for 4 hours and then stir just before serving.

NUTRITION NOTE

This recipe makes 8 servings. Each serving has 82 calories, 0 grams fat, 1 gram protein, 21 grams carbohydrates and 5 milligrams sodium.

Recipe Source: [Utah WIC Recipe Book](#)

STRAWBERRY SPINACH SALAD

INGREDIENTS

- 1 pound fresh spinach
- 2 cups fresh strawberries
- 1/4 cup nuts like sliced almonds, sunflower seeds, etc.
- 1/2 cup poppy seed or vinaigrette dressing

DIRECTIONS

1. Wash hands with soap and water.
2. Wash spinach and place in a large bowl.
3. Wash and cut strawberries into slices.
4. Toss spinach, strawberries and nuts together.
5. Add dressing and toss before serving.
6. Note: Serve with leftover cooked chicken to make the salad a meal.

NUTRITION NOTE

This recipe makes 4 servings with 140 calories, 8 grams fat, 5 grams protein, 14 grams carbohydrates and 210 milligrams sodium.

WIC TIP

How can I use fruits and vegetables?

Fruits and vegetables provide nutrients important for health. Set a good example for your children by eating them every day with meals and snacks. Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor. Check out foodhero.org for more tips and recipes using a variety of fruits and vegetables.

GRILLED FRUIT

INGREDIENTS

- 1 cup pineapple, cubed
- 1 peach, cubed
- 1 banana, sliced

DIRECTIONS

1. Wash hands with soap and water.
2. Wash fruits before preparing.
3. Place fruit on a skewer to make kabobs.
4. Grill on low heat until fruit is hot and slightly golden.
5. Note: If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

NUTRITION NOTE

This recipe makes 3 servings. Each serving has 104 calories, 0 grams fat, 1 gram protein, 27 grams carbohydrates and 1 milligram sodium.

Recipe Source: [MyPlate Kitchen](#)

STRETCH YOUR FOOD DOLLARS

Plan to use leftovers. Make larger meals with enough servings for leftovers. On busy days, just heat and serve. Create "planned overs" and take leftover foods and turn them into a new meal.

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