

PICK-WIC PAPER

RECIPES

- CHEESY CHICKEN ENCHILADA BAKE
- TORTILLA FRUIT PIZZA
- EGG QUESADILLA
- TACOS
- LUNCH WRAPS

CHEESY CHICKEN ENCHILADA BAKE

INGREDIENTS

- 1 pound boneless, skinless chicken breast
- ½ cup water
- 1 tablespoon chili powder
- 1 can (15-16 ounces) black beans, drained and rinsed
- 1 cup whole kernel corn, frozen or canned (drained)
- 1 cup salsa
- 8 corn tortillas
- ½ cup shredded cheddar cheese

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 375 degrees F. Coat a 9x13 inch baking pan with nonstick cooking spray.
3. Cut chicken into 4-5 chunks. Simmer in a large saucepan with water and chili powder. Cook until chicken reaches an internal temperature of 165 degrees F with a food thermometer. Wash hands and counters with soap and water after cutting chicken.
4. Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn and salsa. Cook until hot, about 2 minutes. Remove from heat.
5. Spread ½ cup of chicken mixture down the center of each tortilla. Roll up and place seam side down in baking pan.
6. Bake for 12-15 minutes. Sprinkle cheese on top during the last 5 minutes of baking.

NUTRITION NOTE

This recipe makes 8 enchiladas. Each enchilada (using frozen corn) has 230 calories, 5 grams fat, 20 grams protein, 27 grams carbohydrates and 420 milligrams sodium.

Recipe adapted from [Iowa State University Extension](http://www.iaaf.org)

WHY BREASTFEED?

"I was encouraged with a great support system. It just came natural afterwards. The bond created with my baby; words can't describe!"

- Piagon, WIC Breastfeeding Mom

TORTILLA FRUIT PIZZA

INGREDIENTS

- 1 whole wheat tortilla
- ½ teaspoon soft butter or margarine
- 3 teaspoons white sugar, divided
- ⅛ teaspoon cinnamon
- ½ cup whipped cream cheese
- 1 fresh peach, sliced
- 1 cup grapes, sliced in half
- ¼ cup blueberries
- ½ cup sliced strawberries
- ¼ cup apricot preserves, melted (optional)

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 400 degrees F.
3. Place tortilla on an ungreased baking sheet. Spread with butter.
4. Combine 1 teaspoon sugar and cinnamon in a small bowl, then sprinkle over the tortilla.
5. Bake 4-5 minutes, until the edges begin to brown. Remove to a cutting board.
6. In a small bowl, combine the other 2 teaspoons sugar with the cream cheese. Spread over the tortilla.
7. Arrange fruit on top and pour melted preserves over as a glaze. Cut into 4 wedges and serve.

NUTRITION NOTE

This recipe makes 4 servings. Each serving has 160 calories, 6 grams fat, 4 grams protein, 25 grams carbohydrates and 190 milligrams sodium.

FOOD JOKES

What did the cold tortilla say?
Brrrrrrrito!

Source: www.foodjokes.one

REFER TO WIC

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EGG QUESADILLA

INGREDIENTS

- 2 large eggs
- Salt and pepper, optional
- 1 teaspoon butter
- 1 handful baby spinach
- 1 whole wheat tortilla
- 2 tablespoons shredded cheese, any variety

DIRECTIONS

1. Wash hands with soap and water.
2. Beat eggs in a small bowl. Season with salt and pepper, if desired.
3. Melt butter in a frying pan over medium heat. Add spinach and cook until wilted.
4. Pour egg mixture into pan. Tilt pan, gently push one side of egg, without breaking it, away from the side of the pan, and let the uncooked egg run onto the pan. Repeat with all four sides of the egg, cooking until bottom is set, about 2 minutes.
5. Put tortilla on top of egg and spinach mixture. Continue to cook for another minute. Carefully flip. Place cheese on half of the quesadilla and fold in half. Cook until bottom is browned. Flip and brown opposite side, about 1 minute more. Slide quesadilla onto a plate and cut into 2 sections.

NUTRITION NOTE

This recipe makes 1 quesadilla and has 360 calories, 21 grams fat, 20 grams protein, 23 grams carbohydrates and 590 milligrams sodium.

TACOS

INGREDIENTS

- 1 pound lean ground beef
- 1 package taco seasoning mix, low sodium preferred
- $\frac{3}{4}$ cup water
- 1 can (15-16 ounces) pinto beans, drained and rinsed (low sodium preferred)
- 8 whole wheat tortillas
- Variety of toppings: shredded cheese, tomatoes, lettuce, salsa, sour cream, peppers, olives

DIRECTIONS

1. Wash hands with soap and water.
2. In a large skillet, brown ground beef; drain and rinse excess fat.
3. Add taco seasoning mix, water and beans. Heat until boiling. Reduce heat to low; simmer 3-4 minutes stirring occasionally.
4. Place taco mixture on a tortilla and top with your favorite toppings.

NUTRITION NOTE

This recipe makes 8 tacos. Each taco (without added toppings) has 200 calories, 6 grams fat, 13 grams protein, 24 grams carbohydrates and 420 milligrams sodium.

WIC TIP

How can I use whole grain tortillas?

Whole wheat and soft corn tortillas are a fun way to include more whole grains into your meals. Whole grains keep your family full and provide energy to be active throughout the day. Look at tortillas as flat bread that can be wrapped around your choice of fillings or served plain, hot or cold. Check out foodhero.org for more tips and recipes on using whole grains.

LUNCH WRAPS

INGREDIENTS

- 1 cup uncooked brown rice
- 2 cups water
- 1 can (15-16 ounces) pinto beans, drained and rinsed
- 2 cans (15-16 ounces each) black beans, drained and rinsed
- $\frac{2}{3}$ cup whole kernel corn, frozen or canned (drained)
- $\frac{2}{3}$ cup diced tomatoes, drained, low sodium preferred
- 1 cup shredded cheddar cheese
- 9 whole wheat tortillas

DIRECTIONS

1. Wash hands with soap and water.
2. Combine rice and water in a saucepan and boil. Reduce heat to low, cover and cook for 35-40 minutes. Remove from heat and cool. If using instant brown rice, follow the package directions for cooking.
3. Heat oven to 350 degrees F. Place beans, corn and tomatoes in a large bowl and toss to mix. Add rice and cheese, then mix well.
4. Divide mixture evenly between the tortillas and roll up. Place in a baking dish and bake for 10 minutes or until cheese is melted.
5. Note: These wraps can be frozen and reheated in the microwave for a quick meal.

NUTRITION NOTE

This recipe makes 9 wraps. Each wrap (using frozen corn and low sodium tomatoes) has 430 calories, 9 grams fat, 19 grams protein, 70 grams carbohydrates and 660 milligrams sodium.

STRETCH YOUR FOOD DOLLARS

Stretch recipes by adding other food items. This can help you serve more meals by getting more servings out of your favorite recipes. Try adding rice to soups, vegetables to pasta dishes or beans to burgers.

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