

WIC (and family) Friendly Recipes



Peanut Butter Pudding

This is a great snack to use your WIC peanut butter and add extra protein at the same time.

Add 1/4 cup peanut butter to 1 package (3 1/2 ounces) instant vanilla pudding. Make pudding according to package directions and beat in peanut butter using an electric or hand beater. Chill and serve.



French Toast

French toast is an easy way to use foods you may have on hand.

4 eggs

1 cup lowfat or skim milk

1/2 teaspoon salt

1 tablespoon sugar

6 slices bread

2 tablespoons margarine (or vegetable spray)

1 teaspoon ground cinnamon or vanilla extract (optional)

Beat eggs, milk, salt, sugar and cinnamon (or vanilla) with a fork or egg beater until smooth and blended. Melt margarine in skillet on medium heat. Dip bread in egg mixture to cover both sides.



Strawberry Mango Smoothie

- 2 cups strawberries, washed and stems removed
- 1 ripe mango, peeled and cubed or 1 cup frozen mango
- 1 $\frac{1}{2}$ cups milk
- 1 cup (8 oz) lowfat vanilla yogurt
- $\frac{1}{4}$ teaspoon dried mint, optional
- Ice cubes

Combine strawberries, mango, and milk in the blender. Whirl on high until smooth, about 1 minute. Add the yogurt to the blender. Whirl on high 20 seconds longer. Fill drinking glasses with ice cubes. Pour the smoothie over the ice and enjoy.

Recipe created by Susan McQuillan, RD, author of "C" is for Cooking.



Garden Pasta Salad

- 1 (16 ounce) package uncooked tri-color spiral pasta
 - 1/2 cup thinly sliced carrots
 - 2 stalks celery, chopped
 - 1/2 cup chopped green bell pepper
 - 1/2 cup cucumber, peeled and thinly sliced
 - 2 large tomatoes, diced
 - 1/4 cup chopped onion
 - 2 (16 ounce) bottles Italian-style salad dressing
 - 1/2 cup grated Parmesan cheese
1. Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain.
 2. Mix chopped carrots, celery, cucumber, green pepper, tomatoes, and onion together in large bowl.
 3. Combine cooled pasta and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well.
 4. Chill for one hour before serving.

Recipe from: www.allrecipes.com



Confetti Corn Quesadillas

Serves 4 to 6

- 1 cup fresh corn kernels (about 2 ears)
- 1 cup grated zucchini, squeezed dry
- 1/4 cup chopped cilantro
- 1 jalapeno pepper, seeds and ribs removed, chopped (optional)
- 1 1/2 cups drained and rinsed canned black beans (one 15-ounce can)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon chili powder
- 2 cups shredded Monterey Jack
- 8 large (burrito-size) flour tortillas
- 2 tablespoons vegetable oil

In a large bowl, gently toss together the corn, zucchini, cilantro, jalapeno, beans, salt, pepper, and chili powder. Stir in the cheese.

Heat the oven to 200°. Set the tortillas on a work surface. Put about 1/3 cup or more of the filling on half of each tortilla, spreading it to the edge and then folding the other half over it.

In a large nonstick frying pan, heat 1/2 tablespoon of the oil over medium heat. Add 2 of the quesadillas to the pan and cook them for about 2 minutes per side, until the cheese melts. Transfer them to a baking sheet and keep them warm in the oven while you cook the remaining quesadillas, adding a bit more oil to the pan for each batch. Cut the quesadillas into wedges.

Recipe from: www.FamilyFun.com



Teriyaki Chicken Rice Bowl

MAKES 6 SERVINGS

- 1 Tbsp. vegetable oil, divided
- 1 lb. boneless chicken breasts cut in 1-inch pieces
- 4 cups mixed fresh vegetables (such as broccoli, red bell peppers, carrots, snow peas)
- 1/3 cup bottled low-sodium teriyaki sauce (or favorite Asian sauce)
- 4 cups cooked brown rice (follow package directions)
- Thinly sliced green onions, optional

1. In large skillet, heat 1/2 tablespoon oil over medium-high heat. Cook chicken, stirring occasionally, 10 minutes or until lightly browned. Remove from skillet and set aside.
2. In same skillet, add remaining oil and the vegetables. Cook, stirring frequently, 5 minutes or until vegetables are tender-crisp.
3. Return chicken to skillet with vegetables. Add teriyaki sauce, toss to mix well and heat thoroughly. Spoon rice into individual serving bowls; top with chicken and vegetables. If desired, top with sliced green onions.

Source: WIC works



Bean Salad

In a medium sized bowl, mix:

- 2 cups drained cooked or canned beans
- 1/4 cup finely chopped green pepper or celery
- 1 Tablespoon minced onion
- 1/2 cup peeled and chopped cucumber
- Top with favorite Italian dressing or homemade dressing. Serve over washed and torn lettuce leaves with cherry tomatoes or radishes on the side.



Spinach Corn Casserole

- 1 16-ounce package chopped frozen spinach
- $\frac{1}{2}$ cup minced white onion
- $\frac{1}{4}$ cup chopped green onions
- 2 $14\frac{3}{4}$ -ounce cans creamed corn
- 1 tablespoon canola oil
- 2 teaspoons vinegar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper

Topping

- $\frac{1}{2}$ cup toasted bread crumbs
- 2 tablespoons grated Parmesan cheese

Preheat oven to 400 °F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid. Combine spinach, onions, creamed corn, canola oil, vinegar, salt, and pepper in a casserole dish. Spread bread crumbs and Parmesan cheese over top of casserole. Bake for 20 to 30 minutes.

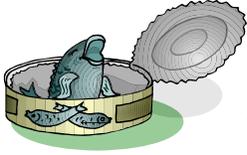


Meatloaf

6 servings

- 1 cup **WIC cereal (such as Wheaties or Bran Flakes)**
- $\frac{1}{3}$ cup milk
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup ketchup
- 1 egg
- $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{8}$ tsp. pepper
- 1 pound lean hamburger

Crush **cereal** to measure $\frac{1}{2}$ cup. Set aside. Combine milk, onion, ketchup, egg, onion powder and pepper in large mixing bowl. Mix in hamburger and crushed **cereal**. Shape into loaf. Place the loaf in an 8" x 8" baking pan or loaf pan; bake at 350° for 45 minutes or until well browned.



Tasty Tuna Patties

4 servings

- 1 egg, beaten
- 1 small can water-packed tuna
- 1 cup crushed **WIC cereal (such as Corn Flakes or Wheaties)**

Mix all ingredients together well. Shape into four patties.

Brown in medium-hot skillet, about 5 to 10 minutes per side *or* bake at 350° for about 25 minutes in a greased oven-safe dish.



Sneaky Pizza and Pasta Sauce

A great way to use up baby food while pleasing picky eaters too

- 1/4 cup vegetable oil
- 1 onion, finely chopped
- 1 clove garlic, finely chopped, optional
- 1 28-oz. can whole peeled tomatoes with liquid
- 1 6-oz. can tomato paste
- 1 4-oz. jar baby food Sweet Potatoes
- 1 4-oz. jar baby food Carrots
- 1/2 teaspoon salt

Directions:

1. Place oil in deep saucepan over medium heat. Cook onions and garlic until clear but not brown, stirring occasionally.
2. Mix in tomatoes, tomato paste, carrots, sweet potatoes and salt, and bring to a boil. Lower heat and simmer for 15 to 20 minutes until sauce thickens.
3. Let cool a bit, then transfer sauce to blender and puree in batches, or use handheld blender inserted directly in the pot to puree sauce.
4. Stir in salt and a dash of pepper to your liking. Use immediately or store covered in fridge for up to one week. Freeze for up to six months.
5. Spoon over spaghetti or macaroni or use next time you make your own pizza.

Recipe from: www.thesneakychef.com



Beefy Mexican Lasagna

- 1 $\frac{1}{2}$ pounds ground beef
- 9 corn tortillas
- 2 cans (10 ounces each) mild enchilada sauce
- 1 can (15 ounces) black beans, rinsed and drained
- 1 $\frac{1}{2}$ cups frozen corn
- 1 teaspoon ground cumin, optional
- 1 $\frac{1}{2}$ cups shredded cheddar cheese
- Crunchy tortillas strips, optional, see recipe below
- $\frac{1}{2}$ cup chopped tomato
- 2 tablespoons fresh chopped cilantro, optional

Directions:

1. Heat oven to 350 degrees. Brown ground beef in a large skillet over medium heat until brown, breaking up into crumbles. Pour off drippings. Stir in 1 can enchilada sauce, black beans, corn, and cumin; bring to a boil. Reduce heat; simmer 5 minutes. Stirring occasionally.
2. Spray 11 X 7 baking dish with non-stick spray. Arrange 3 tortillas in dish, cutting them as needed to cover the bottom. Spread $\frac{1}{4}$ cup remaining enchilada sauce over tortillas; cover with $\frac{1}{3}$ beef mixture, then $\frac{1}{3}$ cheese. Repeat layers twice without putting last cheese layer on top. Pour remaining enchilada sauce over the top instead.
3. Cover with aluminum foil. Bake in a 350 degree oven 30 minutes. Remove foil; sprinkle with remaining $\frac{1}{2}$ cup cheese. Bake, uncovered, 5 minutes or until cheese is melted. Top with tortilla strips, and tomatoes and cilantro if desired.

Crunchy Tortilla Strips

Heat oven to 400 degrees. Cut corn tortillas into strips. A pizza cutter works well. You can also make tortilla chips if you cut the tortillas into wedges like a pie or pizza. Place cut tortillas in a single layer on a baking sheet. Spray lightly with non stick cooking spray. Bake 4 to 8 minutes or until crisp.

Use the strips in the above recipe. You may put them in lettuce salads, soups, or serve with salsa.

Recipe from National Cattleman's Beef Association



Salmon Seashell Chowder

Makes 4 servings

- 1 1/2 cups uncooked pasta shells
- 2 1/2 cups 1% milk
- 3 tablespoons flour
- 1 teaspoon onion powder
- 3/4 teaspoon dried dill
- 1 1/2 cups frozen peas, thawed
- 1 pouch (6 oz) skinless, boneless, pink salmon, flaked
- Salt and pepper

Cook the pasta according to package directions, drain and set aside. In a saucepan, combine the milk, flour, onion powder and dill and whisk until well blended. Add the peas and salmon; place over high heat. Bring the mixture to a simmer, stirring constantly.

Reduce heat and continue to simmer and stir gently until the soup thickens slightly, about 2 minutes. Stir in pasta and season with salt and pepper to taste. Heat through and serve.

Recipe created by Janice Newell Bissex, M.S., R.D. & Liz Weiss, M.S., R.D., authors of "The Moms' Guide to Meal Makeovers."



Perfect Hard Boiled Eggs

Place 8 eggs in a large pot. Add enough cold water to cover the eggs. Place pot over high heat until the water starts to boil. Once the water boils, cover that pan and turn off the heat. Let the eggs stand for 15 minutes. Then drain off the hot water and fill the pan with ice water. Allow the eggs to cool (about 20 minutes). Using a marker or a pencil, mark each egg with the date and place them in the refrigerator. Hard boiled eggs should be used within one week. You can simply peel and eat a hardboiled egg or make egg salad using the recipe below. *Reminder: Egg whites are not recommended for infants under the age of 1 (egg yolks are ok for 9 months and up).*



Egg Salad

- 2 hard boiled eggs, peeled
- 1 Tbsp mayonnaise
- Salt & pepper, to taste

Chop the eggs and place them in a small mixing bowl. Mix the mayonnaise until moistened. Spread on crackers or make a sandwich.



Tuna Casserole

- 1 yellow onion, minced
- 2 Tbsp butter or margarine
- $\frac{1}{2}$ cup sliced mushrooms
- $\frac{1}{2}$ cup frozen peas
- 1 can cream of celery soup
- $\frac{3}{4}$ cup milk
- 1, 5-oz can tuna in water, drained
- 3 to 4 cups flat egg noodles
- $\frac{1}{4}$ cup bread crumbs

Preheat the oven 350 degrees. Prepare the egg noodles according to the package directions and drain in a colander. In a large skillet, melt the butter over medium heat. Add the onions and sauté until soft (about 4 minutes), and then add in the mushrooms and peas. Cook for another minute and turn down heat to low. Mix the soup, milk and tuna in a separate bowl and add to the skillet. Stir until blended together. Combine the noodles and the contents of the skillet into an oven proof casserole dish. Sprinkle with bread crumbs. Bake 25-30 minutes. Let stand for 10-15 minutes before serving.

Source: So Easy Toddler Food by Joan Ahlers & Cheryl Tallman



Operation Threshold WIC Recipe of the Month

May 2010

TRAIL MIX

Yield: 14 servings, (about $\frac{1}{2}$ cup each)

Ingredients:

- 2 cups unsweetened WIC cereal (such as Cheerios, Chex, Crispix, Life)
- 2 cups sweetened WIC cereal (such as Frosted Mini Wheats, Quaker Oatmeal Squares, Multi-grain Cheerios)
- 2 cups Goldfish, oyster or similar crackers
- 1 cup dried raisin or raisins

Instructions:

1. In a bowl, mix together all ingredients.
2. Place in a container with a lid to keep fresh or store in the freezer.

Tips:

If you like, add $\frac{1}{2}$ cup mini-M & M's. Divide into snack-sized baggies. For very young children, eliminate dried fruits and M&M's, they may be a choking hazard.



Operation Threshold WIC Recipe of the Month

June 2010

Bean and Cheddar Dip:

Ingredients:

- 1 can (14-16 oz) beans, drained and rinsed
 - White, black, pinto, etc.
- 1/3 cup low-sodium chicken broth
- 1 garlic clove, minced
- 1/2 tsp cumin
- 1 cup shredded cheddar cheese

Directions:

Preheat oven to 375 . Combine the beans, chicken broth, garlic, and cumin in a blender. Process until smooth. Add 3/4 cup of the grated cheese and blend until combined. Place the mixture in an oven-safe baking dish. Sprinkle the remaining 1/4 cup of cheese over the top. Bake in an oven for 15 minutes.



Operation Threshold WIC Recipe of the Month

July 2010

Cereal Cutouts

10 cups Cheerios cereal

1/3 cup margarine or butter

1 bag (10 1/2 oz) miniature marshmallows (6 cups)

1-2 teaspoons peanut butter, if desired

Assorted nuts and dried fruits, if desired

1. Spray 15 x 10 x 1 inch pan with cooking spray. Into large bowl, measure cereal and set aside.
2. In 2 quart saucepan, heat margarine and marshmallows over low heat, stirring constantly, until mixture is smooth. Remove from heat.
3. Pour over cereal; gently stir until evenly coated. Press evenly in pan, using buttered back of spoon. Cool completely, about 1 hour.

With 3 inch cookie cutters, cut mixture into shapes. Use peanut butter to attach nuts and fruit. Store loosely covered.

To simplify: Skip the cookie cutters and cut the cereal mixture into bars.



Operation Threshold WIC Recipe of the Month

August 2010

Black Bean Soft Tacos

Prep Time: 10 Min

Start to Finish: 10 Min

Makes: 4 servings

1 can (15 oz) black beans, drained, rinsed*

1 cup frozen whole kernel corn*

1/2 cup salsa

4 corn* or whole wheat tortillas

2/3 cup shredded cheddar cheese*

1/2 cup chopped tomato*

1/2 cup chopped fresh cilantro

4 lime wedges, if desired*

*You may be able to use your WIC vouchers to purchase the canned beans, frozen corn, corn tortillas, cheddar cheese, tomato, and lime for this recipe!

1. In medium microwavable bowl, microwave beans, corn and salsa uncovered on High 3 to 5 minutes, stirring halfway through cooking time, until thoroughly heated.
2. Top tortillas with bean mixture, cheese, tomato and cilantro. Squeeze juice from lime wedges over filling. Roll up tortillas tightly.

Recipe taken from www.eatbetterearly.com



Operation Threshold WIC Recipe of the Month

September 2010

Healthy Baked Corn Tortilla Chips (Homemade)

This is a wonderful, healthy snack and a great way to use up leftover corn tortillas.

Prep Time: 5 min Total Time: 15 min Serves: 20

Ingredients:

- 5 corn tortillas
- Salt (optional, additional spice options listed in directions)

Directions:

1. Preheat oven to 400 degrees.
2. Stack tortillas one on top of the other and use kitchen scissors or a pizza cutter to cut them into 4 slices like you would cut up a pizza
3. Spread them out in a single layer on a cookie sheet, spacing them at least 1/4 inch apart (they will be chewy instead of crispy if not spaced properly).
4. Shake salt and desired toppings over tortillas.
5. TOPPING OPTIONS (choose any combo):
Spices: paprika, chili powder, cumin, onion powder, garlic powder, cayenne pepper
Cheese: grated parmesan cheese, shredded cheddar cheese, etc.
Sweet: Cinnamon & sugar
6. Bake 8 to 12 minutes or until chips are starting to get crispy and slightly golden brown at the edges (check every 1-2 minutes after 8 minutes). Note - For air-bake pans try 350 degrees for 20 minutes.
7. Remove from oven and let cool 5-10 minutes before serving in order to let them fully crispy.

Recipe Source: www.Food.com #263512



Operation Threshold WIC Recipe of the Month

October 2010

Omelet in a Bag

Ingredients

- 2 eggs
- 2 slices ham, chopped (optional)
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon chopped onion (optional)
- 1 tablespoon chopped green bell pepper (optional)
- 2 tablespoons chopped fresh tomato (optional)
- 1 tablespoon chunky salsa (optional)
- 2 fresh mushrooms, sliced (optional)

Directions

1. Crack the eggs into a large re-sealable freezer bag. Press out most of the air, and seal. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms. Squeeze out as much of the air as you can, and seal the bag.
2. Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.

From: FoodNetwork.com



Operation Threshold WIC Recipe of the Month

November 2010

SWEET POTATO FRIES

Ingredients

- 2 pounds sweet potatoes
- 1 tablespoon canola oil
- 1 teaspoon pumpkin pie spice
- 1 tablespoon low-sodium chili seasoning
- Salt and pepper

Directions

Preheat oven to 400 degrees F. Line baking sheet with aluminum foil; set aside.

Use peeler to peel sweet potatoes. Cut potatoes in half lengthwise then cut into 1/2-inch thick fries.

Place sweet potato fries in a large mixing bowl. Add oil and spices. Toss until they are thoroughly coated with spices.

Spread fries in a single layer on prepared baking sheet. Place in preheated oven. Bake for 30 to 35 minutes turning once to ensure even cooking. Remove from oven and serve hot.

From: FoodNetwork.com



Operation Threshold WIC Recipe of the Month

December 2010

Chicken Quesadillas

A great way to use leftover chicken!

Ingredients:

Cooking spray (or a small amount of vegetable oil)
8 oz chicken breast
2 (8 inch) whole wheat tortillas
4 oz. (1/2 cup) cheddar cheese, shredded
1/4 medium sized onion, thinly sliced, rings separated
1/2 medium sized bell pepper, cut into thin strips

Directions:

Cut chicken into thin strips. Coat a frying pan with cooking spray (or oil lightly). Sauté chicken until thoroughly cooked. Add pepper and onion, cook until soft. Remove from pan and set aside for later. Place a tortilla in the frying pan; top the tortilla with the chicken mixture and the shredded cheese. Place the other tortilla on top and press down gently using a spatula. Brown one side and flip it over to brown the other side. Cut into wedges and serve right away.

Serves:

Makes 2 adult or 8 toddler servings.

Source: Recipe adapted from 2011 WIC calendar