

Wood County WIC Cook Book

All recipes include WIC eligible items

Brought to you by the WIC chicks
Wood County WIC
Bowling Green Ohio
2018

cereal



Banana Peanut Butter Bites

3 cups Honey Bunches of Oats

1 cup old fashioned oats

1/2 cup creamy peanut butter

2 Tbsp. maple syrup

1 ripe banana mashed

In a large bowl, combine the cereal and oats. Set aside

In a small microwave safe bowl, combine the peanut butter and maple syrup. Microwave for 15 seconds to soften. Stir well to combine. Stir in banana. Pour the peanut butter mixture over the cereal. Stir to combine, ensuring the cereal and oats are well coated. Place the bowl in freezer for 30 minutes. Scoop out 1-2 tablespoons and shape into ball, arrange bites on cookie sheet place in freezer for another 20 minutes. Transfer snack bites to an airtight container and store in refrigerator for up to 1 week.

Banana Cereal Snacks

2 Bananas

Peanut butter

1 cup cereal of choice

Wax or parchment paper

First peel the bananas and cut them into thirds. Then dump some cereal onto wax paper, smear the bananas in peanut butter and the roll in the cereal.

Party Mix

6 Tbsp. butter

2 1/2 teaspoons soy sauce

1/4 teaspoon onion powder

1 teaspoon season salt

1 cup pretzel sticks

1 cup salted peanuts

2 cups of each corn, wheat and rice Chex cereal

Melt butter with soy sauce, onion powder and salt. Mix with the cereal pretzels and nuts. Place in baking pan . Bake at 300 degrees for 20-30 minutes. Stirring occasionally.

Wheat Chex Dill Snack

1 14oz box of wheat Chex

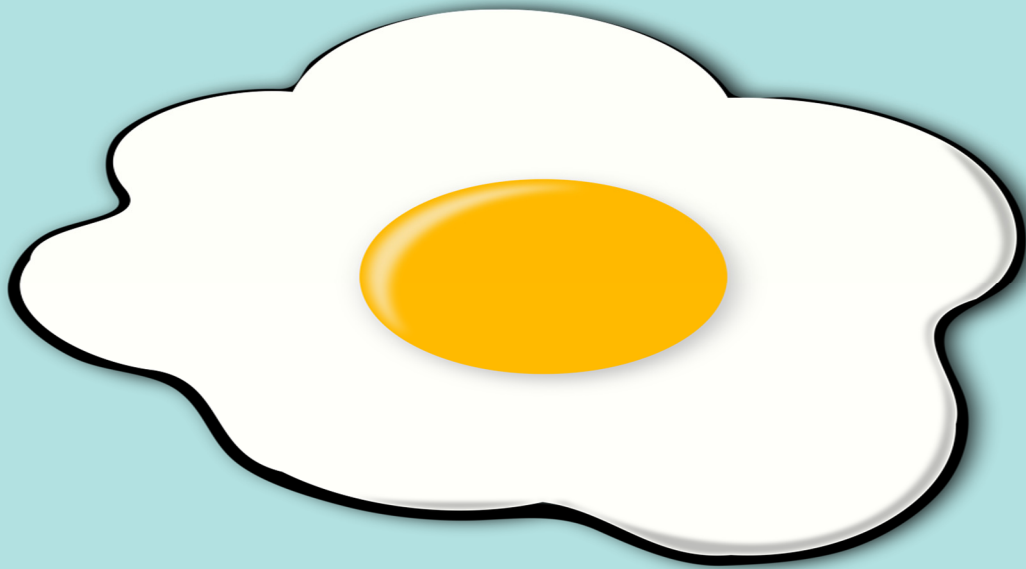
1 packet ranch salad dressing mix

1 Tbs. dried dill

2 Tbs. olive oil

Preheat oven to 175 degrees. Place the cereal, dressing mix and dill in a large zip lock bag. Seal and shake gently to blend well. Place mixture on a backing sheet, drizzle with oil, and stir thoroughly to blend. Spread out in a single layer and bake for 30 minutes.

Eggs



Hard boiled Eggs

Place desired amount of eggs in sauce pan cover with water. Place on high heat until water comes to a boil, cover pan and reduce heat to low. Cook for 20 minutes. Drain water and rinse well with cold water.

Egg salad

4-6 hard boiled eggs chopped

1/4 cup minced celery

2 Tablespoons chopped pickles

1/4- 1/2 cup mayonnaise

Combine all ingredients in bowl, serve with crackers, whole wheat bread, on celery sticks or plain. Refrigerate leftovers

Breakfast Casserole

6 slices bread

2 cups milk

1 1/2 cup shredded cheese

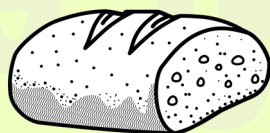
6 beaten eggs

1 lb. sausage

Salt and pepper to taste

Butter bread lightly place in greased 9x 13 pan and set aside
Brown sausage and drain off fat. Sprinkle sausage over bread, place cheese over sausage. Combine eggs, milk, salt and pepper pour over bread. Cover and chill overnight. Bake at 350 degrees for 45 minutes or until set. Serves 8

Whole Grains



One Pot Cheesy Taco Pasta

1 lb ground beef browned and drained

1 cup salsa, mild

8oz Rotini pasta

1 packet taco seasoning.

1 1/2 cup Mexican style cheese

2 Cups water

Preheat a large deep skillet over medium heat. Add ground beef and season with salt and pepper. Stir taco seasoning into ground beef then stir in water, salsa and pasta noodles. Bring mixture to a boil. Stir, cover and reduce heat to a simmer. Cook for about 15 minutes until pasta is tender. Turn off heat and stir in cheese. Season with additional salt and pepper if needed. Serve with optional toppings if desired.

(tomatoes, avocado onions)

Whole Wheat Tortilla chips

6-8 whole wheat tortillas

1 Tbsp. olive oil

Salt

Cut whole wheat tortillas in quarters then cut the quarters in half to make chip size pieces. Brush chips with olive oil, place on lined baking sheet. Place in 425 degree oven for 4 minutes take out and flip chips, place back in oven for another 4 minutes or until crispy. Serve with fresh salsa or guacamole.

Chicken Broccoli Rice Casserole

2.5 Cups Cooked Brown Rice

1 Cup cooked Chicken Chopped

1 cup broccoli Frozen or Fresh (in fresh Steam slightly)

1 can Cream of Chicken Soup

1 cup shredded cheese

Salt and pepper to taste

Combine ingredients in large bowl and mix well. Put mixed ingredients into greased 8x8 pan, bake at 350 degrees for 25-30 minutes or until heated through and bubbly. **To make a 9x13 pan double the recipe**

Black Bean and Corn Quesadillas

1 tsp olive oil

1/4 small onion, chopped

1/4 of a red or orange bell pepper chopped

1 can black beans, drained and rinsed

1 can corn

1/4 cup salsa

1 tsp brown sugar

1 packet taco seasoning

2 cups shredded cheese

4 whole wheat tortillas

2 tsp butter

Sour cream, for serving

Add olive oil to a large skillet over medium high heat. Add the onion and bell pepper and sauté for 1-2 minutes. Add black beans, corn, salsa, brown sugar, and taco packet, stir to combine. Reduce heat. Melt a teaspoon of butter in another skillet. Place one tortilla in the skillet. Add a sprinkle of cheese then add a scooping helping of bean mixture and spread into even layer. Top with another sprinkle of cheese. Add a tortilla on top and cook until the cheese is almost melted and the bottom tortilla is golden. Use a large spatula to carefully flip the tortilla to the other side. Cook until cheese is melted. Serve with sour cream and salsa

Fruits and Vegetables



Banana Sushi

2 whole wheat tortillas

2 bananas

4 Tbs peanut butter

Cinnamon to taste

Microwave tortillas on a paper towel for 10 seconds to soften. Spread each tortilla with 2 tablespoons peanut butter. Sprinkle with cinnamon, and roll the tortillas tightly around the banana, slice into half inch pieces like sushi.

Buttery Cooked Carrots

1 lb. Baby carrots

1/3 cup brown sugar

1/4 cup butter

Cook carrots in a pan with boiling water until fork tender. Drain off water leaving a small amount of liquid in the bottom of the pan. Remove carrots and set aside. Place butter and brown sugar and cook until sugar is dissolved. Return carrots to pot and coat with sauce, allow to cook for a few minutes before serving.

Slow cooker vegetable soup

1/2 medium onion diced

2 cups frozen mixed vegetables or 2 15 ounce cans mixed vegetables

1 15 ounce can lima beans drained

1 15 ounce can corn drained

1 can carrots drained

4 15 ounce cans diced tomatoes

2 cups water

1 teaspoon salt

1/2 teaspoon pepper

Add all ingredients to the slower cooker, Cook in the slow cooker for 4 hours on low. Add more salt and pepper to taste.

Apple Nachos

2 apples of your choice

1/2 cup peanut butter, melted

1/4 cups raisins

1 small handful mini chocolate chips

Slice apple into desired slices, arrange onto plate, drizzle melted peanut butter over apple slices with a spoon. Sprinkle with raisins and mini chocolate chips. Serve

Strawberry Sunrise Smoothie

1/2 banana

1 cup strawberries

1 cup skim milk

5-6 ice cubes

Combine ingredients in blender and blend until desired thickness is achieved. For a thicker smoothie add a whole
Banana

Lady bugs on a log

3 stalks celery

2 Tbs peanut butter

1/4 raisins

Cut celery stalks into thirds, spread peanut butter into celery top with raisins. * best made for older children ages 4-5**

Cucumber Sandwiches

1 small pkg cream cheese softened

Bread slices

1 cucumber, peeled and sliced

Spread cream cheese on slices of bread, cut bread into 4 equal squares, put cucumber slice on each bread square. Serve chilled

BEANS
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Crock pot Tex Mex Chicken Tacos

4 frozen chicken breasts

16Oz salsa

15 oz can northern Beans- drained and rinsed

15 oz canned black beans- drained and rinsed

11 oz can Mexi corn- Drained and rinsed

1 pkg taco seasoning

Place chicken in the bottom of your crock pot add remaining ingredients and toss well. Cook on high for 3-4 hours on high or until chicken pulls apart. Shred meat and stir well.

Serve with whole wheat tortillas and cheddar cheese.

Chickpea Cookie dough

1 15oz can Garbonzo beans

1/2 cup peanut butter

2 Tbsp. honey

1 tsp. vanilla

1/2 cup chocolate chips

Place all ingredients except chocolate chips in food processor, blend until smooth. Fold in chocolate chips. Enjoy! Refrigerate any leftovers

Balsamic Black Bean Salsa

15 ounce can black beans, rinsed and drained

1/2 cup chopped red pepper

1/2 cup chopped red onion

2 tablespoons balsamic vinegar

Toss all ingredients in a medium sized bowl, let stand 15 Minutes to develop flavor. Serve with pita chips and enjoy

Picante Black Bean Hummus

1 15oz can black beans, rinsed and drained

1/2 cup picante sauce

1 Tbs. lime juice

1 teaspoon lime zest

Place the beans, picante sauce, lime juice and lime zest in a food processor or blender. Process until the mixture is smooth and creamy. Serve with whole wheat tortilla chips or fresh vegetables.

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