

PICK-WIC PAPER

RECIPES

- OVEN LOVIN' CHICKEN
- OATMEAL FRUIT PIZZA
- PEANUT BUTTER CEREAL BARS
- OATMEAL PANCAKES
- CEREAL MIX

OVEN LOVIN' CHICKEN

INGREDIENTS

- 1 egg
- ¾ cup fat-free skim or 1% milk
- ¾ cup all-purpose flour
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- ¼ teaspoon poultry seasoning
- 4 cups crisp rice cereal
- 1 teaspoon paprika
- 2 pounds chicken legs and thighs
- 3 tablespoons butter or margarine

DIRECTIONS

1. Wash hands and counters with soap and water after handling chicken. Heat oven to 350 degrees F. Line a baking pan with foil and coat with cooking spray.
2. In a mixing bowl, beat egg and milk. Add flour, salt, pepper and poultry seasoning. Mix well. Place cereal and paprika in a separate shallow pan. Dip chicken in batter, then coat with cereal. Place chicken in prepared pan. Drizzle with melted butter and season with salt and pepper.
3. Bake approximately 1 hour or until chicken reaches an internal temperature of 165 degrees F with a food thermometer. Flip chicken once after 30 minutes.

NUTRITION NOTE

This recipe makes 6 servings. Each serving has 310 calories, 11 grams fat, 22 grams protein, 29 grams carbohydrates and 830 milligrams of sodium.

Recipe Source: wichealth Health eKitchen

FOOD JOKES

How do oats send letters?
Oat-mail!

Source: [Food Hero](#)

WHY BREASTFEED?

"I chose to breastfeed because my ancestors breastfed."

- Breastfeeding Mom from Turtle Mountain WIC

OATMEAL FRUIT PIZZA

INGREDIENTS

- 3 packets plain instant oatmeal
- 1½ cups all-purpose flour
- 1½ teaspoons baking powder
- ½ cup brown sugar
- ½ teaspoon salt
- 1 egg
- ½ cup oil
- 2 cups nonfat or low-fat vanilla yogurt
- 1½ cups sliced strawberries
- ½ cup sliced bananas
- 1 cup blueberries

DIRECTIONS

1. Wash hands with soap and water. Wash fruits before preparing.
2. Heat oven to 350 degrees F.
3. Combine oatmeal, flour, baking powder, sugar and salt. Then mix in oil and egg. Stir well.
4. Flatten mixture into a circle on a pizza pan. Bake for 15 minutes until golden brown. Cool.
5. Spread yogurt on top of cooled crust. Top with fruit.

NUTRITION NOTE

This recipe makes 10 servings. Each serving has 310 calories, 13 grams fat, 5 grams protein, 45 grams carbohydrates and 170 milligrams sodium.

REFER TO WIC

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



PEANUT BUTTER CEREAL BARS

INGREDIENTS

- ½ cup honey*
- 1 cup peanut butter
- 2 cups crisp rice cereal
- 2 cups quick-cooking oats
- 1 cup raisins or other dried fruit

DIRECTIONS

1. Wash hands with soap and water.
2. In a saucepan, bring honey to a boil. Reduce heat to low and stir in peanut butter. Add cereal, oats and raisins; mix well. Remove from heat.
3. Coat an 8x8-inch baking pan with cooking spray. Press mixture into pan. Cool before serving.

*Do not serve foods made with honey to children under 1.

NUTRITION NOTE

This recipe makes 16 bars. Each bar has 220 calories, 9 grams fat, 6 grams protein, 30 grams carbohydrates and 90 milligrams sodium.

Recipe Source: [Food Hero](#)

OATMEAL PANCAKES

INGREDIENTS

- 1½ cups oatmeal or 4½ packets instant oatmeal
- ¾ cup whole wheat or all-purpose flour
- 1 tablespoon white sugar
- 1 teaspoon baking soda
- 2 tablespoons oil
- 2 cups buttermilk*
- 1 egg

DIRECTIONS

1. Wash hands with soap and water.
2. In a large bowl, mix oatmeal, flour, sugar and baking soda. Add oil, buttermilk and egg. Mix well.
3. Let batter stand at room temperature for 30 minutes.
4. Drop ¼ cup pancake mixture on a preheated griddle or frying pan. Bake until bubbles form, then turn and bake on the other side.

*To make buttermilk, mix 2 cups fat-free skim or 1% milk with 2 teaspoons vinegar or lemon juice.

NUTRITION NOTE

This recipe makes 12 pancakes. Each pancake has 110 calories, 4 grams fat, 4 grams protein, 15 grams carbohydrates and 190 milligrams sodium.

WIC TIP

How can I use cereal?

Hot or right out of the box, cereals are the perfect start to our day. They make great snacks and can be used as a quick meal. Many dry cereals or uncooked hot cereals can be added to casseroles and used as breading for chicken and fish. They can also be used as a topping for fruit and yogurt. Try mixing two kinds of cereal for a new flavor. Go to foodhero.org for more tips and recipes.

CEREAL MIX

INGREDIENTS

- 5 cups WIC cereal (a variety of flavors and shapes)
- 2 tablespoons melted butter or margarine

DIRECTIONS

1. Wash hands with soap and water. Heat oven to 325 degrees F.
2. Place cereal in a large bowl. Drizzle butter over cereal and toss.
3. Sprinkle one of the flavoring mixes over cereal. Toss and place cereal on a baking sheet.
4. Bake for 15 minutes.

FLAVORING MIXES

1. Cinnamon/sugar: 1 teaspoon cinnamon, 3 tablespoons white sugar
2. Pumpkin Spice: 1 teaspoon pumpkin pie spice, 3 tablespoons white sugar
3. Taco: 2½ tablespoons taco seasoning mix
4. Seasoned salt: Mix 1 tablespoon Worcestershire sauce with melted butter before drizzling on cereal. Sprinkle with 1 teaspoon seasoned salt.

For these two mixes, drizzle 2 tablespoons oil over cereal instead of butter.

1. Parmesan: 2 tablespoons parmesan cheese, 1 teaspoon garlic powder
2. Ranch: ½ package dry ranch dressing mix

STRETCH YOUR FOOD DOLLARS

Plan your weekly meals. Write down meals you want to make for the week. Think of creative ways to use items you already have with new ones. Save money by buying only what you need.

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