

MOVHD WIC 211 6th St., Parkersburg, WV 26101
"The MOVHD WIC Program is an equal opportunity provider."
January, February, and March 2015

Effective January 1, 2015: ALL WIC children 2-5 years old and women will receive 1% or Skim (Non-fat) milk on their WIC benefits.

1% and Non-fat milk is a *healthy choice* for you and your family.

All Milk has:

- Calcium and Vitamin D for strong teeth and bones.
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure.

Doctors and nutritionists encourage drinking 1% and Non-fat milk.

Make a slow change. If your family is drinking whole or 2% milk, make the first step – drink 1% milk. When your family is comfortable with 1% milk, try changing to skim milk. You can even mix the different milks to slowly change your family's milk choice.

Other changes you will see to the WIC Food Benefits beginning in early 2015 include: Whole Wheat Tortilla Shells, Brown Rice, Refried Beans, more cereals to choose from, applesauce and canned vegetables as a choice from fruits and vegetables, in addition to Whole Wheat bread there will now be the option of Whole Wheat buns.

Coming to WIC food benefits in Spring 2015....BROWN RICE.

The following are recipes show various ways to use brown rice.

Fried Rice www.whatscooking.fns.usda.gov/recipes

Makes: 6 servings

2 tablespoons vegetable oil	3 cups <u>cooked</u> brown rice
1 carrot (cut into $\frac{1}{4}$ -inch slices)	$\frac{1}{2}$ bell pepper (chopped)
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ cup chopped broccoli
2 tablespoons soy sauce	$\frac{1}{2}$ teaspoon black pepper
1 teaspoon garlic powder	2 eggs, beaten
$\frac{3}{4}$ cup cooked bite-size pieces of chicken	

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.
7. Add chicken and cook until hot. Serve.
8. Refrigerate leftovers.

Morning Rice Bowl www.food.com **Makes: 1 serving**

1 cup brown rice, leftover, cooked without butter or salt
2-4 tablespoons skim milk 2 teaspoons sugar
 $\frac{1}{2}$ teaspoon cinnamon $\frac{1}{2}$ teaspoon vanilla
1 tablespoon dried cranberries (or dried fruit of your choice)

1. Mix all ingredients in microwaveable bowl. Heat 1 minute or till hot.
2. Stir and enjoy.

Rice Dessert www.whatscooking.fns.usda.gov/recipes

Makes 6 servings

1 cup cooked brown rice (chilled) 1 cup applesauce
1 cup low-fat yogurt (plain or vanilla) $\frac{1}{4}$ cup raisins
1 can (8 ounces) crushed pineapple

1. Put aside $\frac{1}{4}$ cup of drained pineapple.
2. Mix all other ingredients together in a medium sized bowl.
3. Serve in small dishes.
4. Top with the remaining crushed pineapple.

Fiesta Rice Salad www.whatscooking.fns.usda.gov/recipes

Serves 4

1 cup brown rice (cooked) 1 carrot (shredded)
1 cup broccoli (chopped fine) 1 red onion (small chopped)
1 cup tomato (chopped) 1 bell pepper (sweet, green, red, yellow)
1 can kidney beans (15oz. drained, rinsed)
2 tablespoons dill (or other fresh herbs) (chopped fine)
1 tablespoon vegetable oil
2 tablespoons red wine vinegar (or white or cider)
Salt and pepper (to taste, optional)

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (or use your favorite dressing) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy.

Also new to WIC benefits in 2015 are Refried Beans and Tortilla's.

Two different recipes for Bean Dip www.cooks.com

Recipe #1 Bean Dip

2 cans refried beans 1 pkg. taco seasoning mix
16oz. sour cream 8oz. Cheddar cheese, shredded

Mix beans and taco seasoning. Mix well. Place in casserole dish. Spread sour cream on top. Sprinkle with cheese and bake at 350 degrees for 30 minutes.

Recipe #2 Nacho Bean Dip

1-1 $\frac{1}{2}$ pounds ground beef 1 medium onion, chopped
3 cans refried beans 1 small can green chilies, chopped
1 medium jar picante sauce
1 pkg. grated cheddar or Monterey Jack cheese
Worcestershire sauce Garlic powder

Saute the onion with the ground beef; drain. Mix in the jar picante sauce, refried beans, and chilies. Add package of grated cheese, Worcestershire sauce and garlic powder to taste. Heat through. Serve with tortilla chips. This may be frozen. To thaw, just place in the refrigerator.

Pizza Roll-Up www.eatingwell.com **Makes: 1 serving**

1 8-inch whole-wheat flour tortilla 12 leaves baby spinach
2 tablespoons prepared pizza sauce
3 tablespoons shredded part-skim mozzarella cheese

Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Microwave on High until the cheese is just melted, about 45 seconds. Carefully roll the tortilla up. Let cool for 10 minutes before slicing into pieces, if desired.

****Either of the Bean Dip recipes would work as a Roll-up filler as well.**