





the

Macon County Health Department

cook  
book

# WIC

WIC is a special supplemental nutrition program for Women, Infants and Children. WIC provides services for pregnant women, new mothers, infants and children until their 5th birthday.

WIC foods are specifically chosen to meet nutrition needs for those ages of major growth like iron, calcium and zinc. Along with food vouchers, WIC offers nutrition education to help provide relevant and important information on your family's nutrition and growth.

Each recipe uses WIC approved foods to help you learn new ways to eat them throughout the month in nutritious and delicious recipes. WIC approved foods are highlighted on each recipe to help you find the ingredients easily.

From the Macon County Health Department family to yours, we hope you enjoy and find some new family favorites.



This institution is an equal opportunity provider

# Breakfast

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# Oatmeal Packet Pancakes

A new twist on a classic food with more fiber from the oatmeal

prep time

5 minutes

cook time

10 minutes

serves

2

things you need

**2 packets instant oatmeal**

**1/2 cup flour**

**2 eggs**

**1/2 cup milk**

**2 tsp sugar**

**2 tsp baking powder**

Instructions

1. In a bowl, combine instant oatmeal packets, flour, egg, milk, sugar and baking powder. Stir to combine, but do not overmix. Mixture may appear to “foam” a bit from the baking powder (this helps makes the pancakes fluffy)
2. Spray griddle or pan with non-stick cooking spray over medium heat. Scoop pancake batter into pan, about 1/4 cup each. Cook until edges start to brown and bubbles form. Flip to cook on other side. Remove from pan when completed and cook additional pancakes.
3. Serve with toppings of your choice and enjoy!

# Silken Tofu Berry Smoothie

Infants under the age of 1 should not consume honey or foods made with honey

prep time

5 minutes

cook time

0

serves

2

things you need

**2 cups frozen mixed berries**

**6 oz silken tofu**

**2 cups baby spinach**

Fresh or Frozen

**1.5-2 cups milk**

Instructions

1. Add berries and tofu to blender, then add spinach and milk. Blend until smooth.
2. Add additional liquid if needed, blend until smooth
3. Can add a splash of orange juice or small amount of honey for sweetness if needed

Tofu is a great addition to smoothies to help increase the protein content of your smoothie. Make sure you ask the CPA or Nutritionist to add tofu on your food package if you want to take advantage of this food!

# Spinach Waffles

These are freezer friendly, so you can make a full batch and freeze some for a later date.

prep time

5 minutes

cook time

15 minutes

serves

16 small waffles

things you need

**2 cups flour**

**1 tbsp baking powder**

**1 tsp cinnamon**

**1/4 tsp salt**

**2 large eggs**

**1 cup milk**

**1/4 cup melted coconut oil**

**1/4 cup applesauce**

**1/2 tsp vanilla extract**

**1 cup packed spinach**

Instructions

1. Preheat waffle iron to medium heat
2. In a medium bowl, stir together flour, baking powder, cinnamon and salt
3. In a blender, add in eggs, milk, oil, applesauce, vanilla extract and spinach. Blend for 1 minute on medium speed or until spinach is completely blended
4. Add spinach mixture to flour mixture and stir until just combined
5. Pour waffle mixture onto waffle iron in 1/2 cup increments and bake according to waffle iron instructions
6. Serve or store in air-tight container

Take any leftovers and place in a freezer friendly zip-lock bag and freeze. To reheat, place in toaster and toast until warm. Will last 2-3 months in the freezer.

# Peanut Butter Banana Toast

Quick breakfast that allows your child to help with preparation

prep time

5 minutes

cook time

0

serves

2 servings

things you need

**2 slices of whole grain bread**

**4 tbsp peanut butter**

**1 banana**

Instructions

1. Toast bread to preferred darkness
2. Spread 1-2 tbsp of peanut butter on each slice of toast
3. Slice bananas into rounds and place on top of peanut butter
4. Make a fun design with the bananas or see what your child designs with the bananas

Have your child help spread the peanut butter and place the banana slices. Kids love to help in the kitchen and this can help encourage good eating habits!



# Baked Avocado with Egg

prep time

10 minutes

cook time

20 minutes

serves

2

things you need

**1 avocado**

**2 eggs**

**2 tsp extra virgin olive oil**

**Salt and pepper, to taste**



Instructions

1. Cut an avocado in half—length-wise. Remove the pit. Place halves in a baking dish
2. Using a spoon, scoop around the indentation from the pit so there is room for the egg. Scoop wide, not deep
3. There are two ways to insert the egg. You can either gently crack the egg and let any whites overflow into your baking dish (it'll happen). Or, you can crack the egg into a small bowl, then use a spoon to transfer the yolk into the avocado first and add just enough egg white to fit the cavity. Either way works.
4. Drizzle with olive oil and season with salt & pepper
5. Bake at 425 for 15-20 minutes

# Crunchy French Toast Sticks

Great way to use excess cereal and add some crunch to your normal French toast

prep time

20 minutes

cook time

40 minutes

serves

36 sticks

things you need

**6 large eggs**

**1/2 cup milk**

**1 tbsp vanilla extract**

**1/2 cup sugar**

**1 tsp cinnamon**

**3 cups crushed cereal crumbs**

Use a cereal like corn flakes or O's cereal

**2 tbsp butter**

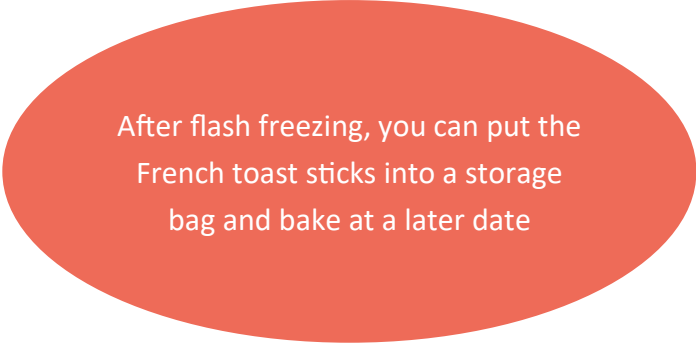
**12 slices of bread**

Each cut into 3 strips

**Pancake syrup**

## Instructions

1. Crack the eggs into a pie plate (or shallow bowl). Add the milk, vanilla, 1/4 cup of sugar and 1/2 tsp cinnamon. Whisk lightly until combined. Set aside.
2. In a plastic bag, add 3 cups of cereal (corn flakes or O's cereal are good options but any cereal will work) Crush into fine crumbs.
3. In a separate pie plate, stir together crushed cereal, remaining 1/4 cup sugar and 1/2 tsp cinnamon. Use a fork to stir in the melted butter so crumbs are slightly moist.
4. One by one, quickly dunk the bread strips in the egg mixture, turning to coat. Then lay them in the dish with crumb mixture, covering the entire surface of the bread. Place sticks on a rack set in a baking sheet. Flash freeze for 30 minutes to set the surface
5. To bake, bake at 425 for 15-18 minutes, until edges are golden brown
6. Serve with warm syrup and fruit on the side



After flash freezing, you can put the French toast sticks into a storage bag and bake at a later date

# Breakfast Casserole

prep time

9 hr 25  
minutes  
(includes  
soaking time)

cook time

1 hour

serves

8-12

things you need

**1 16-oz bag frozen tater tots**

**Butter**

For baking dish

**1 tbsp olive oil**

**1 pound bulk breakfast sausage**

**1 medium onion**

Finely diced

**1 cup milk**

**1/2 cup half-and-half**

**1/4 tsp seasoned salt**

**6 large eggs**

**2 bell peppers**

Finely diced

**2 cups grated cheddar cheese**

**1 cup grated pepper jack cheese**

**Salt and pepper**

## Instructions

1. Line up the tater tots in a buttered 9x13 inch baking dish
2. Add olive oil to a large skillet over medium heat. Add sausage and onion, cook, breaking the sausage up with a wooden spoon. Cook until browned and cooked through, 8-10 minutes. Set aside to cool slightly, then sprinkle over tater tots
3. In a large bowl, mix the milk, half-and-half, seasoned salt, eggs, bell peppers, half of both cheese and salt and pepper. Pour egg mixture over tots and sausage mixture, then top with the rest of the cheese.
4. Cover with foil and refrigerate overnight.
5. The next morning, preheat oven to 350. Bake covered for about 25 minutes. Remove foil and bake 20-35 more minutes, until casserole is cooked through and cheese is brown and bubbly

Catering to picky eaters keeps them picky. Serve new foods to a picky eater to help increase exposure. Always serve a safe food along with it but do not make a separate meal

# Oatmeal

Did you know you can buy plain oatmeal packets as the cereal option for WIC?

prep time

5 minutes

cook time

2 minutes

serves

1

## Topping Ideas

- **Peanut Butter** and **Strawberries**
- **Almond Butter** and **Blueberries**
- **Maple Syrup** and **Brown Sugar**
- **Diced apples** and **cinnamon**
- **Raisins**
- **Bananas** and **cinnamon**
- **Peanut butter** and **chocolate chips**
- **Raspberries** and **chocolate chips**
- **Pumpkin Spice Seasoning**

## Instructions

1. Cook your oatmeal in the microwave according to package instructions.
2. For extra protein, use milk instead of water
3. Add the toppings in after the oatmeal has cooked
4. If using frozen fruit, allow them to thaw a little while before making it (or overnight in the refrigerator)

# Entrees



Creamy  
Shrimp Pasta  
with Corn &  
Tomatoes

- 16 Smashed White Bean & Kale Quesadillas
- 17 Creamy Shrimp Pasta with Corn & Tomatoes
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- 19 4 ingredient Chicken Pot Pies
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# Smashed White Bean & Kale Quesadillas

Beans are an excellent source of protein and fiber

prep time      cook time      serves  
10 minutes      10 minutes      2

## things you need

**1 tbsp extra virgin olive oil**

**1 onion, minced**

**1 15-oz cannellini beans**

Drained and rinsed

**Salt & pepper**

**1 cup kale**

**2 cups grated cheddar cheese**

**2 whole wheat tortillas**

## Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Once hot, add onion, beans and salt & pepper. Cook for about 5 minutes until onions are soft, stirring occasionally. Transfer mixture to a small bowl and smash beans with a fork or potato masher
3. Place one tortilla in the skillet, sprinkle the entire tortilla with cheese then spread the bean mixture on only one half of the tortilla. Top with half the kale, then sprinkle a bit more cheese on top of the kale. Fold the tortilla in half, press down and cook 1-2 minutes per side until golden brown. Remove from pan and cut into pieces
4. Repeat with other tortilla and remaining ingredients
5. Serve warm



# Creamy Shrimp Pasta with Corn & Tomatoes

prep time

15 minutes

cook time

15 minutes

serves

4 generous servings

## things you need

**8 ounces whole wheat noodles**

Any shape

**1/2 cup reserved pasta water**

**2 tablespoons butter**

Divided

**1 lb shrimp**

Peeled and deveined, tail on or off

**1 tsp salt**

**1-2 cloves garlic**

Minced

**2 cups cherry tomatoes**

Halved

**2-3 cups corn**

Fresh, canned or frozen

**1 cup fresh spinach**

Chopped

**Squeeze of lemon juice**

**1/2-3/4 cup heavy cream**

**Fresh basil and Parmesan cheese**

For topping

**Salt and pepper**

## Instructions

1. Cook pasta according to package directions. Drain, reserving 1/2 cup of pasta water
2. Heat a large nonstick skillet over medium heat. Add 1 tbsp butter to the pan. Add shrimp and sprinkle with 1/2 tsp salt. Flip and cook shrimp are cooked through. Set aside and cover to keep warm.
3. Add garlic and remaining 1 tbsp butter. Add tomatoes and corn, sauté for 2 minutes. Add spinach, sauté until wilted. Add shrimp back to pan. Add remaining 1/2 tsp salt and lemon juice. Add cream and bring to a low simmer.
4. Toss cooked pasta with sauce and add reserved pasta water, if needed to thin the sauce (you may not need entire 1/2 cup)
5. Top with basil, parmesan cheese, salt and pepper

# Meatless Meatballs

Lentils are a easy way to provide protein, iron and B-vitamins and a great meat replacement

prep time

15 minutes

cook time

20 minutes

serves

2-4

things you need

**1 cup cooked lentils**

**1 bag prepared brown & wild rice**

Such as Uncle Ben's

**1 garlic clove**

Minced

**1/2 tsp cumin**

**1/3 cup flour**

Minced

**3 tbsp seasoned bread-crumbs**

**Extra virgin olive oil**

## Instructions

1. Preheat oven to 350 degrees
2. Mix rice and lentils in a bowl with garlic and cumin. Add the flour and bread-crumbs. The mixture will be crumbly.
3. Fill a bowl with warm water; dip your hands in the water with wet hands, form the crumbly mixture into small egg shaped balls. Add a few drops of oil or water to each meatball to help the shape stick together. Place meatballs on a baking sheet and top each with a drip of oil
4. Bake for 20 minutes, turning after 10 minutes and more if necessary until toasted on the outside and warm on the inside
5. Serving ideas
  - With Marinara sauce and cheese
  - Over spaghetti
  - On a toasted bun for a meatball sub

To cook lentils, rinse 1 cup of lentils in a fine mesh strainer. Add to sauce pan with 4 cups of water. Bring to a boil , reduce to simmer and cook for 15-20 minutes until tender and not mushy.

# 4 Ingredient Chicken Pot Pies

prep time  
15 minutes

cook time  
18 minutes

serves  
16 mini pot pies

things you need

**2 cans refrigerated biscuits**

**1 bag frozen mixed vegetables**

**1 cup cooked chicken**  
Cubed

**1 can cream of chicken soup**

Instructions

1. Preheat oven to 375. Lightly spray a muffin tin with non-stick cooking spray
2. Thaw bag of frozen vegetables (in the microwave is fine)
3. Mix vegetables, chicken and can of cream of chicken soup in a bowl
4. Unroll biscuit dough, lightly stretch each biscuit and press into muffin tins so the edge extends above the top of the muffin tin
5. Fill the biscuits evenly with the filling mixture
6. Bake 15-18 minutes, until biscuits are golden brown. Wait 5 minutes before serving. Serve warm.



Step 4: lightly stretch each biscuit



Step 5: ready for the oven

# Slow Cooker Chicken and Rice

prep time

25 minutes

cook time

15 minutes

serves

6-8

things you need

**Cooking Spray**

**1 1/2 cups brown rice**

**2 tsp garlic powder**

**2 tsp onion powder**

**1 tsp dried thyme**

**1 tsp salt**

**1 1/2 pounds boneless, skinless chicken thighs**

Cut into large pieces

**3 cups low sodium chicken broth**

**1 tbsp Dijon mustard**

**2 ounces cream cheese**

Cut into 4 pieces

**1 10-oz bag frozen peas and carrots**

**1 cup shredded cheddar cheese**

## Instructions

1. Coat the insert of a 6-quart or larger slow cooker with cooking spray.  
Turn on the high setting.
2. Add rice, garlic powder, onion powder, thyme and salt, stir to combine.  
Add chicken ovetop in an even layer
3. Whisk together the broth and mustard in a liquid measuring cup until combined. Pour broth mixture over the chicken.
4. Cover and cook on high, without stirring, until the broth is absorbed, the rice is tender and the chicken is cooked through, 3 1/2-4 hours
5. Add peas, carrots and cream cheese. Stir until the cream cheese is mostly melted and combined. Top with cheddar and cover for 15 minutes, until cheese is melted and peas are heated through.
6. Serve warm.

# Tuna Melts

If grilled cheese is a family favorite—give these tasty sandwiches a try!

prep time

10 minutes

cook time

10 minutes

serves

2

things you need

**1 can chunk light tuna**

Drained

**2 tbsp mayonnaise**

**1 tbsp minced onion**

**1 tbsp minced celery**

**1 tbsp sweet pickle relish**

**4 slices whole wheat bread**

**2 slices cheese**

**Butter for the bread slices**

Instructions

1. Add tuna to a bowl with mayonnaise, onion, celery and relish. *If you have a different tuna salad recipe—use your favorite!*
2. Preheat a skillet over medium heat
3. Butter bread on one side each, place buttered side down. Add tuna salad and 1 slice of cheese, then another bread slice with the butter side up.
4. Once bread is toasted, carefully flip the sandwich and allow bread to toast.
5. Repeat with second sandwich or cook both at the same time

Canned fish is an extra benefit fully breastfeeding moms receive on WIC. They have the option of canned tuna, canned salmon or canned sardines.

# Instant Pot Beef Stroganoff

This is one of my toddler's favorite dishes, plus it's so quick, it's one of my favorites too!

prep time

10 minutes

cook time

15 minutes

serves

6

things you need

**2 tbsp olive oil**

**1/2 onion**

Minced

**1 clove garlic**

Minced

**1 lb lean ground beef**

**1 tsp salt**

**1/4 tsp pepper**

**10.5 oz can cream of mushroom soup**

**1 tbsp flour**

**3 cups beef broth**

**8 oz sliced mushrooms**

**12 oz egg noodles**

Minced

**1 cup sour cream**

**Parsley for serving**

Instructions

1. Turn on instant pot to saute. Add olive oil, onion and garlic. Saute until fragrant, about 2 minutes.
2. Add ground beef and brown, breaking up the meat with a wooden spoon. Season with salt and pepper.
3. Stir in flour
4. Add broth, mushrooms and soup, mix. Then add noodles.
5. Place lid on the instant pot, seal and set to high pressure for 8 minutes.
6. After it's done, let pressure naturally release for 5 minutes, then quick release. Don't remove lid until all pressure is released
7. Stir in sour cream and parsley
8. Serve warm

# Chicken, Broccoli & Rice Skillet Meal

prep time	cook time	serves
10 minutes	35 minutes	6

things you need

**2 tbsp olive oil**

**1/2 cup onion**

Chopped

**2 cloves garlic**

Minced

**3 boneless, skinless chicken breasts**

Cubed

**1 tsp salt**

**1/4 tsp pepper**

**1 cup long grain rice**

**2 1/2 cups chicken broth**

**2 cups chopped broccoli**

Frozen or fresh

**2 cups shredded cheddar cheese**



## Instructions

1. In a 12-inch skillet pan (with a lid) heat 2 tbsp olive oil over medium heat. Add chopped onion and garlic, cooking until fragrant, about 1-2 minutes.
2. Add cubed chicken, season with salt and pepper, stirring frequently until browned.
3. Push chicken to one side and add remaining 2 tbsp of olive oil to the empty side of the pan. Add the rice to toast for 1-2 minutes.
4. Add chicken broth, bring to a boil. Once boiling, reduce heat to medium-low and cover. Simmer for 12-15 minutes, until rice is cooked (and liquid is absorbed)
5. After rice and chicken are cooked, stir, then add broccoli on top. Add lid back on top and allow broccoli to steam for about 8 minutes.
6. Stir in cheese and replace lid to allow cheese to melt. Add salt and pepper to taste.
7. Serve warm.

In this recipe you can use frozen or fresh broccoli. If you are using frozen broccoli, you may need to thaw it or cook in the microwave for a few minutes so it will cook faster once added to the pan.

# Snacks

- 27 Instant Oatmeal Muffins
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# Instant Oatmeal Muffins

A sweet treat with fiber from the oatmeal

prep time

10 minutes

cook time

16 minutes

serves

12

things you need

**1 3/4 cups all purpose flour**

**1/3 cup sugar**

**2 tsp baking powder**

**1/4 tsp salt**

**2 packets instant oatmeal**

**1 egg, beaten**

**1 cup milk**

**1/2 cup vegetable oil**

**1 tsp vanilla**

**Streusel Topping—**

**3 tsp flour**

**3 tbsp brown sugar**

**1/4 tsp cinnamon**

**2 tbsp butter**

Instructions

1. Preheat oven to 400; line a muffin tin with 12 liners
2. Mix streusel topping ingredients in a small bowl: flour, brown sugar, cinnamon.
3. Cut butter into small chunks and mix it into the streusel topping using a pastry cutter or your hands. Set aside
4. In another bowl, combine dry ingredients for muffins
5. Make a well in the center and pour in beaten eggs, milk, oil and vanilla
6. Stir gently until combined, do not over-mix
7. Divide batter evenly in a muffin tin, then evenly distribute the streusel topping on top of batter
8. Bake for 16 minutes

# Pizza Rolls

Have your child help choose and spread the toppings to get them involved in the kitchen

prep time

10 minutes

cook time

18 minutes

serves

12

things you need

**1 bag baby spinach**

Roughly cut or chopped

**1 pop-can pizza dough**

**3/4 cup pizza sauce**

**2 cups shredded mozzarella cheese**

**1/4 cup grated parmesan cheese**

Optional

Additional toppings to add: pepperoni, bell peppers, olives, onions, tomatoes, ground beef or mushrooms.

Instructions

1. Preheat oven to 400 and grease a muffin tin with non-stick cooking spray
2. Open the pizza dough and spread into a large rectangle on a cutting board or parchment paper
3. Spread pizza sauce over the dough to cover, sprinkle cheese and spinach on top of sauce (and any additional toppings you may want).
4. Starting on one long side, roll the dough carefully and fairly tight to enclose the toppings.
5. Using a serrated knife, cut into 12 even slices
6. Transfer slices into the muffin tin
7. Bake 15-18 minutes, until dough is baked through, cheese is melted and tops are golden (cook time may depend on the dough)



Spread pizza sauce, cheese, spinach and any additional

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Roll pizza dough into a log and cut into 12 even pieces. It's easier to start cutting in the middle.

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Place each roll into a muffin tin to bake

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Enjoy your finished product!

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# Frozen Yogurt Covered Blueberries

prep time  
10 minutes

cook time  
0 minutes

serves  
12

## things you need

**6 oz yogurt**

Any flavor

**1 pint blueberries**

## Instructions

1. Wash blueberries well under warm water, transfer to a bowl.
2. Pour 6 oz yogurt over the blueberries and carefully mix in, coating all the blueberries
3. Place yogurt covered blueberries onto a wax paper lined baking sheet. Spread them out so blueberries are not touching
4. Place baking sheet into the freezer for 1 hour to freeze the yogurt
5. After 1 hour, remove from freezer and transfer blueberries into a freezer safe bag or storage container

The frozen blueberries and yogurt take a familiar food and vary the taste and texture. These changes can help picky eaters be more accepting of new foods

# No Bake Cookie Bites

These no bake cookie bites are perfect for lunches or after-school snacks

prep time

15 minutes

cook time

0 minutes

serves

Depends on size of each bite

things you need

**4 cups oats**

**8 tbsp honey**

**1 cup peanut butter**

**4 tsp vanilla extract**

**4 tsp chia seeds**

**1 cup M&Ms**

Instructions

1. Mix all ingredients together in a large bowl
2. Roll mixture into small balls
3. Store in an air tight container for up to 2 weeks

Chia seeds could be left out if you don't have them, but they are a good source of omega-3 fatty acids



# Lunchable

Make your own lunchable and serve on a plate or in a muffin tin for a fun snack or meal

prep time

5-10 minutes

cook time

0

serves

However many you want!

## Ideas for your lunchable

- **Peanut butter** and **jelly** sandwich
- **Cherry tomatoes**
- **Goldfish crackers**
- **Blueberries**
- **Apple slices**
- **Cheese cubes**
- **Crackers**
- **Shredded Carrots**
- **Yogurt Covered Raisins**
- **Grapes**
- **Cucumber slices**
- **Salami slices**
- **Hard boiled egg**
- **Dry cereal**
- **Ham sandwiches**
- **Bell pepper slices**
- **Ranch dipping sauce for veggies**
- **Orange slices**

## Instructions

1. Gather supplies and serve on a large plate (or muffin tin) for a fun shareable snack





# Ants on a Log

prep time

5 minutes

cook time

0 minutes

serves

However many you want

things you need

**Celery Stalks**

**Peanut Butter**

**Raisins**

Instructions

1. Clean celery stalks under warm water and cut into 2-3 inch sections
2. Spread peanut butter in the middle
3. Line raisins in the peanut butter to resemble "ants"

Make sure your child is old enough to eat celery well before serving this snack

# Fruits & Vegetables

- 36 Creamy Sour Cream Cucumbers
- 37 Baked Zucchini Fries
- 38 Homemade Baked Beans
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- 41 Roasted Frozen Green Beans
- 42 Garlic Butter Mushrooms
- 43 Chocolate Dipped Bananas

# Seasonal Fruits & Vegetables

Buying fresh fruits and vegetables in season helps save money and will typically get you the most flavorful produce. When fruits and vegetables aren't in season, canned and frozen are great cost effective options.

**Winter**  
Beets  
Brussels sprouts  
Potatoes  
Grapefruit  
Kiwi  
Oranges  
Pears  
Winter Squash

**Spring**  
Mango  
Strawberries  
Asparagus  
Broccoli  
Green Beans  
Mushrooms  
Peas  
Summer Squash

**Summer**  
Berries  
Cantaloupe  
Cherries  
Peaches  
Plums  
Bell Peppers  
Cucumbers  
Corn  
Eggplant  
Tomatoes

**Fall**  
Apples  
Grapes  
Pears  
Beets  
Broccoli  
Cauliflower  
Kale  
Mushrooms  
Potatoes  
Winter Squash

# Creamy Sour Cream Cucumbers

This dish gets better as it marinades, so make in the morning and serve later in the day

prep time

15 minute

cook time

0 minutes

serves

6-8

things you need

**2 large or 4 medium cucumbers**

Peeled (optional) and thinly sliced

**1 small sweet onion**

Thinly sliced

**1/2 cup sour cream**

**1 tbsp white vinegar**

**1 tsp sugar**

**Pepper, to taste**

## Instructions

1. Whisk together sour cream, vinegar, sugar and pepper in a large bowl
2. Peel cucumbers (optional, depending if you like the skin or not) and thinly slice. If you have a mandolin, this is a good tool to help slice the cucumbers super thin
3. Slice onion
4. Add cucumbers and onion to the sour cream mixture. Toss to coat
5. Refrigerate covered for at least 4 hours.
6. Serve cold

Serving new foods can be overwhelming to kids, especially those who are hesitant to try new things. When serving a new food, put a small portion, like only 1-2 bites. This makes the new food more manageable to try. They can always ask for more!

# Baked Zucchini Fries

Fries are always a favorite, so try these vegetable fries as a comfortable replacement

prep time

10 minutes

cook time

20 minutes

serves

6

things you need

**2 medium zucchini**

Washed and dried

**2 eggs**

Beaten

**1/2 cup bread crumbs**

**1/3 cup grated parmesan  
cheese**

**1 tsp garlic powder**

**1 tsp salt**

More to taste

**1/4 tsp pepper**

More to taste



Instructions

1. Preheat oven to 400. Line a large rimmed baking sheet with foil (for easy clean up) and spray with non-stick spray
2. Remove the ends of the zucchini and slice in half. Then slice each half into 4-5 wedges.
3. Beat eggs in a shallow dish, set aside.
4. Mix the bread crumbs, parmesan cheese, salt, garlic powder and pepper into a small bowl.
5. Dip each wedge into the egg and then bread crumb mixture. Line on a baking sheet.
6. Bake 15-20 minutes, flipping halfway through. Broil for 3 minutes or until golden and crisp
7. Serve warm from the oven

# Baked Beans

Make your own baked beans with dried beans in a mostly hands off cooking method of the instant pot

prep time	cook time	serves
15 minutes	1 hr 30 minutes	10

things you need

**16 oz pinto beans**

Dried and rinsed

**6 cups water**

**8 pieces bacon**

Diced

**1 onion**

Diced

**3/4 cup molasses**

**1/2 cup brown sugar**

Packed

**1 1/2 tsp dry mustard**

**3/4 cup ketchup**

**1/2 tsp salt**

**1/2 tsp garlic salt**

**1 1/2 tbsp white wine vinegar**

**1/2 tsp chili powder**

**1 1/2 tbsp Worcestershire  
sauce**

**2 tbsp olive oil**

## Instructions

1. Rinse beans and pour them in the instant pot/pressure cooker with 6 cups of water and 1 tsp salt
2. Put on lid and set to bean setting for 60 minutes.
3. Do a natural release and lift lid carefully when done. Drain beans and set aside.
4. Mix together all other ingredients except bacon and onions. Set aside.
5. Dice bacon and onions.
6. Set Instant Pot to saute. Pour 2 tbsp of olive oil and add bacon and onions. Cook until onions are softened.
7. Turn off pressure cooker and add a little water to deglaze the pan
8. Add beans back to pressure cooker and add sauce over bean mixture. Stir gently.
9. Put lid back on, close valve and set pressure cooker to bean setting for 30 minutes.
10. Let pressure cooker natural release and lift lid carefully.
11. Serve immediately or let sauce thicken for a few minutes.

# Loaded Potatoes

Loaded potato could be used with a sweet potato or russet potato as a side or main dish

## Instructions

1. Wash and scrub your potato well under warm water. Pierce multiple times with fork

### 2. Sweet Potato

- Bake at 400 for 1 hour in the oven
- Put on microwave safe plate and cook in microwave for 5 minutes

### 3. Russet Potato

- Bake at 425 for 1 hour in the oven
- Put on a microwave safe plate. Cook for 5 minutes, flip, cook for 5 more minutes in microwave

4. Load the potatoes with a variety of toppings

## Ideas for loaded potatoes

- **BBQ chicken**
- **Chili & Cheese**
- **Tacos: taco meat, black beans, corn, salsa**
- **Scrambled eggs & bacon**
- **Buffalo chicken**
- **Pizza: mushrooms, olives, cheese, tomatoes & mozzarella cheese**
- **Chicken, broccoli & cheese**
- **Spinach, mushrooms & mozzarella cheese**
- **Loaded: Bacon, sour cream and cheese**



# Roasted Frozen Green Beans

Green beans cooked directly from frozen are a crispy new way to eat a favorite toddler vegetable

prep time

1 minute

cook time

30 minutes

serves

4

things you need

**1 bag frozen green beans**

**2 tbsp olive oil**

**Salt & Pepper**

Instructions

1. Preheat oven to 400.
2. Spread frozen green beans onto baking sheet. Try to spread out evenly and remove any large ice pieces (it's okay if you can't get them all)
3. Bake for 5 minutes
4. Remove from oven, toss with olive oil
5. Put back in oven for 15 minutes
6. Remove from oven, toss green beans around pan for even cooking
7. Put back into oven for 10 minutes
8. Season with salt & pepper

Serving a familiar and well accepted food in a new way is a simple step to help kids try new things. That way they have the familiarity of a food they love, but it may have a different taste and texture than they are used to. Getting used to new tastes and textures can help acceptance of other new foods.

# Garlic Butter Mushrooms

Mushrooms soak up the flavors they are cooked in; these spices add a lot of flavor!

prep time

10 minute

cook time

30-45  
minutes

serves

4

things you need

**1 pint whole mushrooms**

**1/4 cup extra virgin olive oil**

**1/4 cup butter**

Melted

**2 tsp dried parsley**

**2 tsp dried oregano**

**1 clove minced garlic**

**1 tsp salt**

**1/4 tsp pepper**

Instructions

1. Preheat oven to 375
2. Clean mushrooms, remove stems, keep whole. Place into an oven safe baking dish
3. Combine olive oil, butter, dried spices, garlic, salt & pepper
4. Pour butter mixture over mushrooms, stirring to coat, then spreading evenly
5. Bake 30-45 minutes until roasted through and tender, stirring occasionally if needed
6. Serve warm

Mushrooms take up moisture so you don't want to rinse them under water since that may make them mushy. Use a wet paper towel and gently wipe off the mushroom to clean.

# Chocolate Dipped Bananas

Delicious and healthy alternative for a sweet treat

prep time

30 minutes

cook time

0

serves

8-10

things you need

**4-5 bananas**

Cut in half

**6 oz chocolate chips**

**3 tbsp coconut oil**

Let your kids help dip and decorate the bananas! It might make a little more of a mess, but bringing kids into the kitchen helps start a love for cooking, an acceptance for new foods and great family memories

## Instructions

1. Place popsicle stick into the cut side of each banana half. Place on parchment lined baking sheet and put in freezer for at least 1-2 to hours
2. When you're ready to dip bananas, melt chocolate chips and coconut oil on the stove or in the microwave
3. Gather toppings such as sprinkles, coconut, finely chopped nuts, mini chocolate chips (or no toppings)
4. Dip each banana half into the chocolate, covering to coat. Sprinkle on toppings. Place back on the parchment lined baking sheet
5. Place back in the freezer for chocolate to freeze onto banana.
6. Store in the freezer—can move to a Ziploc bag or airtight container after freezing on baking sheet for a few hours.

# Baby Food

As your infant starts to grow and be more interested in table food, it's important to encourage self-feeding while continuing to introduce different textures and flavors. If you have baby food and infant cereal your infant doesn't want anymore, try one of these recipes to use it while providing your infant a delicious and nutritious treat.

- 45 Baby Breakfast Cookies
- 46 3 ingredient Baby Cereal Pancakes
- 47 Oatmeal Crepes

# Baby Breakfast Cookies

Try a variety of baby food mixtures such as sweet potato and banana or carrot and apple.

prep time

10 minutes

cook time

10-12  
minutes

serves

Approx 18 cookies

things you need

**2 1/2 cups infant cereal**

**2 4-oz containers of baby fruit  
or vegetable puree**

**2 eggs**

**2 tsp baking soda**

**2 tbsp vegetable or melted  
coconut oil**

Instructions

1. Preheat oven to 375
2. Hand mix all ingredients together in a medium bowl.
3. Drop cookies onto a cookie sheet 2 inches apart using a cookie scoop or spoon
4. Bake for 10-12 minutes—until slightly brown and spring back to touch
5. Let rest on cookie sheet for 5 minutes and remove to a cooling rack
6. Allow to cool completely before serving

WIC allows you to get a variety of infant cereals such as infant rice cereal, infant oatmeal, infant barley cereal, infant whole wheat cereal or infant multi-grain cereal.

# 3 Ingredient Baby Cereal Pancakes

prep time  
5 minutes

cook time  
5-10 minutes

serves  
Depends on size of  
pancakes

things you need

**1 ripe banana**

Mashed

**1 egg**

**1/4 cup baby cereal**

## Instructions

1. Stir all three ingredients together into a bowl
2. Heat a griddle or medium– low heat
3. Grease griddle with non-stick spray or butter, batter will be sticky.
4. Spoon batter onto skillet into desired size of pancakes.
5. Cook until bottoms are lightly browned, flip over and cook until banana pancake is cooked through. Depending on size, this will be quick!
6. Store in an airtight container in the refrigerator for up to 48 hours or freeze for up to 3 months

At 9 months , WIC allows you to trade half of your baby food for fresh fruit and vegetable voucher.

Talk to your CPA or Nutritionist about modifying your food package to meet the needs of your baby's diet.

# Oatmeal Crepes

These crepes are good for the family, not just baby

prep time

5 minutes

cook time

5-10 minutes

serves

Depends on size of  
pancakes

things you need

**1 cup all purpose flour**

**1/2 cup baby oatmeal**

**3/4 tsp salt**

**2 eggs**

**1 cup milk**

**2 tsp butter**

## Instructions

1. Stir together flour, oatmeal and salt in a medium-sized bowl
2. Make well in center of dry ingredients and add eggs, milk and butter. Mix well.
3. Heat pan on medium to medium-low heat
4. Spoon batter onto pan, spreading to a circular motion until spread fairly thin
5. Cook until crepe starts to set well, then flip and cook other side (1-2 minutes per side)
6. Cool on cutting board or plate
7. Add favorite ingredients and roll together for the whole family.

Filling ideas:

- Peanut Butter & Banana
- Peanut Butter & Jelly
- Nutella & Strawberries
- Yogurt & Strawberries
- Whipped Cream Cheese
- Cinnamon Apples

# Family Mealtime

Sitting down to a family meal can help encourage good eating habits for everyone in the household.

1. Make sure everyone is eating the same thing— Kids are influenced by what others are doing so when everyone is eating the same foods, it is more appealing.
2. Only use positive talk at the table—don't allow negative talk or saying they don't like a food. This may influence others at the table.
3. Make sure everyone has all the elements of the meal on their plate—if a child does not like something, put 1-2 bites on their plate (any more can be overwhelming). If they do not want it on their plate, have an “all done bowl” where they can place the item they don't want on their plate. The exposure of having it on their plate and touching it to put it in the bowl helps increase exposure to the food.
4. Allow for some play—kids learn through play and it is not any different when it comes to food. When time allows, have some fun with your food. Can your child make the first letter of their name with the green beans? Can they stack the carrots? Can you discuss all the colors on the plate?
5. Avoid using dessert as a reward for a meal—this makes a child think that dessert is more important than the food on their plate.
6. Honor your child's hunger—Toddlers can listen to their hunger cues well and we have to honor that. At the end of the day they may be tired and not hungry. It's the parent's job to provide food and the child's job to eat when they are hungry. Have them sit at the table with the family for an age appropriate amount of time.
7. Have fun—family meals are a time to reconnect after the day and make memories. It shouldn't cause stress or difficulty to anyone.



## References

**Recipes without a reference are from the kitchen of Erin Main, which have been passed down , written down in the past and/or modified without reference to where the original was written. Pictures by Erin Main and used with permission.**

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