

the



Macon County Health Department—WIC

cook book



Public Health
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Macon County Health
Department



This institution is an equal opportunity provider.

WIC

WIC is a supplemental nutrition program designed to help women, infants, and children during critical growth periods of their life by offering nutritious food and support for healthy growth and development.

WIC offers a wide variety of healthy foods with important nutrients to support growth, such as iron, calcium, and zinc. There are many delicious ways to eat WIC foods, here are a few new ideas to help you use your favorite WIC foods in new ways.

WIC approved foods in each recipe are easy to pick out as they are highlighted in green, and non-WIC approved foods in black font.

WIC offers more than food to help nourish your family, offering personalized nutrition education, developmental milestone checks, referrals, breastfeeding education and support. We are here for your family throughout the years.

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

Macon County Health Department
503 N Missouri, Macon Maconmohealth.org 660-395-4711

Breakfast

- 3 Banana and Cream of Wheat Mini Muffins
- 4 French Toast Nuggets
- 5 Egg In A Hole
- Whole Wheat Zucchini
- 6 Banana Bread
- Oatmeal Toddler Breakfast Cookies
- 7
- 8 Avocado Toast

Banana and Cream of Wheat Muffins

A quick breakfast or snack using WIC approved hot cereal

Prep time	Cook time	Serves
5 minutes	30 minutes	2

things you need

- 1 banana
- 1/2 cup yogurt
- 1 cup milk
- 1 tsp vanilla
- 1 1/4 cup all-purpose flour
- 3/4 cup cream of wheat
- 1 tbsp baking powder
- 1 tsp salt

Directions

- 1 In a mixing bowl, mix banana, yogurt, milk and vanilla together
- 2 In another mixing bowl, mix the rest of the ingredients together
- 3 Combine the mixtures together, until moistened
- 4 Pour combination into muffin tins with liners. Bake at 400 for 30 minutes

French Toast Nuggets

An easier finger food than a full piece of French toast, that is a popable breakfast or lunch

Prep time	Cook time	Serves
10 minutes	4 minutes	2

things you need

8 slices whole wheat bread

2 eggs

1/4 cup milk

1 tsp vanilla

1 tbsp sugar

3 tbsp butter, for frying

For topping—

1/4 cup sugar

1 tsp cinnamon

Directions

- 1 Tear each slice of bread into 4 equal pieces
- 2 Roll and smash each portion of bread into a tight ball
- 3 Mix the eggs, milk, sugar, and vanilla in a small bowl with a whisk
- 4 Dip each ball of bread into the egg mixture to lightly coat it
- 5 Melt butter in a large frying pan. Fry the nuggets in the butter until golden brown. Depending on the pan size, you may have to do this in two batches
- 6 Mix together the sugar and cinnamon in a large zip-top bag. Place the cooked nuggets into the cinnamon and sugar. Shake to coat
- 7 Enjoy warm!

Egg in a Hole

This could be a fun way to encourage your child to eat eggs if they're served in a different way.

Prep time

10 minutes

Cook time

4 minutes

Serves

As many as you would like

things you need

Whole wheat bread

Egg

Butter, for the pan

Directions

- 1 Using a cup, cookie cutter or biscuit cutter, make a hole in the middle of the bread
- 2 Heat a pan large enough for your slice(s) of bread over medium heat. Add butter to the pan and allow to melt
- 3 Place bread with the hole in the pan, then crack the egg inside the hole. Cook for about 2 minutes or until the bread is slightly browned, flip and cook on the other side until the egg yolk is cooked to your desired likeness
- 4 Season with salt and pepper as desired. Enjoy warm

Whole Wheat Zucchini Banana Bread

This quick bread has hidden fruit and vegetables with optional chocolate chips

Prep time

15 minutes

Cook time

50 minutes

Serves

10-12 slices

things you need

2 eggs

1/4 cup honey

1 cup mashed banana

1/2 cup brown sugar

1 tsp vanilla extract

1 3/4 cup whole wheat flour

1 tsp salt

1 tsp baking powder

1/2 tsp baking soda

1 tsp ground cinnamon

1 medium zucchini, grated

1 cup mini chocolate chips
or chopped nuts (optional)

Directions

- 1 Preheat oven to 350. Lightly grease a standard-size loaf pan
- 2 Beat together eggs, honey, banana, brown sugar, and vanilla until well combined
- 3 In a medium mixing bowl, sift together flour, salt, baking powder, baking soda, and cinnamon. Mix into egg/banana mixture until combined.
- 4 Stir in zucchini and chocolate chips/nuts (if using), until just combined
- 5 Pour into the loaf pan and bake for 50-55 minutes or until a toothpick inserted comes out clean. Let rest for 20 minutes before removing from the loaf pan. Cool completely on a wire rack

DO NOT FEED honey or any food made with honey to any infant under the age of 12 months.



Oatmeal Toddler Breakfast Cookies⁹

Kid-friendly breakfast that's made with only a few simple ingredients and can grab-and-go

Prep time	Cook time	Serves
10 minutes	10 minutes	10 Cookies

things you need

- 1 1/4 cup oats
- 1 ripe banana, mashed
- 1/4 cup unsweetened applesauce
- 2 tbsp peanut butter
- 1 egg
- 1 tsp vanilla extract
- 1/4 tsp cinnamon

Directions

- 1 Preheat oven to 350. Line a baking sheet with parchment paper, set aside
- 2 In a medium bowl, add the oats, mashed banana, applesauce, peanut butter, egg, vanilla, and cinnamon. Stir until batter is blended and combined
- 3 Use a cookie scoop or spoon to form 2 tbsp size cookie balls and place onto baking sheet. Flatten cookies until they are about 1/2 inch thick
- 4 Bake for about 10 minutes or until they are slightly golden around the edges. Remove from the cookie sheet and let cool
- 5 Store in the fridge in an airtight container for up to 5 days

Avocado Toast

Full of fiber, this is a quick and easy snack and a great way to eat vegetables for breakfast

Prep time

5 minutes

Cook time

3 minutes

Serves

As many as you want

things you need

Whole wheat bread

Avocado



Directions

- 1 Toast your bread to your desired doneness
- 2 Wash your avocado, slice in half lengthwise, twisting apart to separate from the pit. Scoop the avocado out onto your toast, mashing with a fork. Use 1/4-1/2 avocado per piece of toast
- 3 Season with salt and pepper, to taste

Other topping ideas

1. Fried or hard boiled egg
2. Everything but the bagel seasoning
3. Lemon juice, drizzle of honey, and a dash of sea salt
4. Sliced tomatoes and basil
5. Thinly sliced radishes, goat cheese and chives
6. Salsa or pico de gallo
7. Cheese and bacon

DO NOT FEED honey to any infant under the age of 12 months.

Entrees

- 10 Skillet Frank n Beans
- 11 Crockpot Potato Soup
- One Pot Chicken & Broccoli Pasta
- 12 Sheet Pan Pineapple Chicken
- 13 Pressure Cooker Cheesy Southwestern Lentils
- 14 Garlic Ginger Ramen with Beef
- 15 Cornflake Coated Chicken Tenders
- 16 Classic BLTs
- 17

Skillet Frank n Beans

Hot dogs are typically a childhood favorite food and adding beans increases fiber.

Prep time

5 minutes

Cook time

30 minutes

Serves

6

things you need

1 yellow onion

Finely diced

1 tsp salt

1 package (12-oz) hot dogs

Cut in 1/4 inch discs (smaller for smaller kids)

2 cans Northern Beans

Drained and rinsed

1 16-oz can tomato sauce

1 tbsp. red wine vinegar

1 tbsp tomato paste

1 tbsp Worcestershire sauce

1 tsp prepared mustard

1/2 tsp sweet paprika

1/4 tsp ground black pepper

Directions

- 1 Liberally coat a large, wide skillet with oil spray and warm over medium-high heat
- 2 Add the diced onion and 1/4 tsp salt, sauté until soft and lightly browned, about 4 minutes. Add the sliced hot dogs to the pan and sear the sides against the hot surface of the pan until slightly caramelized and browned, about 2 minutes
- 3 Add beans, tomato sauce, tomato paste, red wine vinegar, Worcestershire sauce, mustard, paprika, salt and pepper. Bring to a gentle boil, then lower heat and simmer for about 15-minutes until everything is hot and sauce has thickened

Crockpot Potato Soup

Did you know frozen hashbrowns are a WIC approved food with your fruit and vegetable voucher?

Prep time

5 minutes

Cook time

7-8 hours

Serves

6

things you need

1 30-oz bag of frozen diced potatoes or hash browns

1 32-oz box chicken broth

1 can of cream of chicken soup

1 8-oz pkg cream cheese

3 oz bacon bits

1 cup shredded cheddar cheese

Salt and pepper to taste



Directions

- 1 Add ingredients (except cream cheese) to a crockpot
- 2 Cook on low for 7-8 hours or until potatoes are tender
- 3 One hour before serving, cut the cream cheese into small cubes and place into crockpot. Once cream cheese is completely melted and mixed in, it's ready to serve
- 4 Top with cheddar cheese and serve with additional bacon bits

One Pot Chicken and Broccoli Pasta

Prep time
10 minutes

Cook time
25 minutes

Serves
4

things you need

2 boneless/skinless chicken breasts, cut into bite-sized strips

1 tbsp olive oil

3 cloves garlic, minced

4 dashes Italian seasoning

1 10-oz can chicken broth

2 cups half-and-half

3 cups uncooked pasta

1 small head broccoli, cut into florets

Salt & pepper, to taste

Red pepper flakes, to taste

Grated Parmesan cheese, to taste



Directions

- 1 Cut your chicken into bite sized pieces. Add it to a large pot along with the olive oil. Sauté over medium-high heat for 3-4 minutes
- 2 Add garlic, Italian seasoning, chicken broth, half-and-half, and pasta to pot. Increase heat to high and bring to a gentle boil. Once boiling, reduce heat to medium. Let simmer for 8 minutes, giving the pasta an occasional stir so it doesn't stick
- 3 While pasta is cooking, cut broccoli into florets. The smaller the pieces, the quicker they will cook
- 4 Add broccoli to pot, reducing the heat to medium-low. Cover the pot and cook 4-5 minutes
- 5 Season the pasta with salt & pepper, add red pepper flakes, if using. Add parmesan on top before serving

Pineapple Chicken Sheet Pan Dinner

Add some sweetness to this dish with pineapple that tastes delicious with the barbecue sauce

Prep time

10 minutes

Cook time

30 minutes

Serves

4-6

things you need

2 large chicken breasts

Cut into bite sized pieces

1/2 red onion

Cut into chunks

1 cup cherry tomatoes

Sliced in half

1 cup baby carrots

1 can pineapple chunks

1 cup green beans

1 tbsp cooking oil

1/2 tsp salt

1/2 tsp pepper

1 cup barbecue sauce

Directions

- 1 Preheat oven to 375
- 2 Wash and dry vegetables. Set aside
- 3 Slice the chicken breasts into bite-sized pieces. Add to a large bowl and season with cooking oil, salt, and pepper. Mix together to evenly coat the chicken. Add the vegetables to the bowl of chicken and barbecue sauce. Toss together to evenly coat
- 4 Pour onto a baking sheet and bake for 15 minutes, then add in the pineapple. Cook an additional 10-15 minutes or until veggies have softened and chicken is fully cooked
- 5 Serve with rice, quinoa, or pasta

Pressure Cooker Cheesy Southwestern Lentils

An easy vegetarian dish is a one pot meal full of flavor.

Prep time

10 minutes

Cook time

15 minutes

Serves

4

things you need

1/2 red bell pepper

Chopped

4 cloves garlic

Chopped

1/2 onion

Chopped

1/4 cup fresh cilantro

3/4 cup uncooked brown rice

3/4 cup lentils

1 cup shredded cheese

2 1/2 cups vegetable broth

1 can (15-oz) canned tomatoes

4 oz can green chiles

1 tbsp. taco seasoning

2 tbsp. dried oregano

1/2 tsp black pepper

Directions

- 1 Wash, dry and prep vegetables
- 2 Add all ingredients, except cheese and cilantro, to your pressure cooker
- 3 Cover and lock the lid. Seal the valve. Set to manual, pressure cook on high for 15 minutes
- 4 Once cook time is complete, allow pressure to naturally release for 15 minutes. Then do a quick release to vent the rest
- 5 Remove cover and stir in half the cheese, and sprinkle the rest of the cheese and cilantro on top. Replace cover and allow to stand for 5 minutes. Serve warm

Garlic Ginger Ramen with Beef

You could substitute any protein other than beef in this dish to your preference

Prep time

10 minutes

Cook time

15 minutes

Serves

6

things you need

1/2 pound lean ground beef

2 cups water

2 packages beef flavored
ramen-style noodles

Broken into small pieces

1 tbsp fresh ginger or 1/4 tsp
ground ginger

2 cloves garlic, minced, or
1/2 tsp garlic powder

1 6-oz frozen stir-fry vegetables

2 green onions

Directions

- 1 In a large skillet over medium-high heat, brown ground beef. Drain fat from the skillet
- 2 Add water and seasoning packets from the noodles to the beef and mix well
- 3 Add vegetables, green onions, ginger, and garlic. Bring to a boil over high heat
- 4 Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally
- 5 Serve warm, refrigerate leftovers

Cornflake Coated Chicken Tenders

Use this breakfast cereal as a crispy coating for your chicken tenders

Prep time

15 minutes

Cook time

20 minutes

Serves

12 tenders

things you need

2 lbs chicken tenders

2/3 cup all-purpose flour

1 tsp salt

1 tsp Italian seasoning

1/4 tsp chili powder

2 large eggs, whisked

2 tbsp water

3 cups cornflakes, crushed

Non-stick baking spray

Directions

- 1 Preheat oven to 450. Line a baking sheet with foil and place a rack on top of the baking sheet. Spray with non-stick spray. Set aside
- 2 Crush the cornflakes in a large baggie, or food processor, until crumbly
- 3 Set up dredging station with 3 shallow dishes. In one dish, combine flour and seasonings. In the second dish, whisk the eggs and water. In the third dish, add the cornflakes
- 4 Place the chicken tender in the flour first, flipping from side to side to coat. Then place in the egg wash, then place in the cornflakes to coat. Gently press cornflakes onto chicken to adhere
- 5 Put chicken on prepared baking sheet and repeat with remaining chicken until they are all coated
- 6 Bake for 15-20 minutes or until chicken is cooked through (165 internal temperature)
- 7 Serve with your favorite dipping sauce and enjoy!

Classic BLTs

A quick summertime meal using a variety of WIC approved ingredients

Prep time

10 minutes

Cook time

15 minutes

Serves

Up to you

things you need *quantities depend on the amount of people you are planning to feed*

Bacon, cooked

Head Lettuce

Tomatoes

Mayonnaise

Whole Wheat Bread

Directions

- 1 Cook bacon to your preferred doneness
- 2 Cut tomatoes into slices
- 3 Separate lettuce leaves, wash and pat dry
- 4 Assemble sandwich—bread (or toast), lettuce, tomato, bacon—and enjoy!

Sides

- 19 Sweet Potato Mac and Cheese
- 20 Honey Butter Skillet Corn
- 21 Cheesy Green Beans
- 22 Ranch Style Carrots
- 23 Asian Ramen Noodle Salad
- 24 Frozen Vegetable Casserole
- 25 Air Fryer Asparagus

Sweet Potato Mac and Cheese

You family will love the familiar flavor of mac n cheese with a new spin

Prep time	Cook time	Serves
20 minutes	60 minutes	8

things you need

7-8 cups bite-sized sweet potato cubes (about 10 medium potatoes)	1/4 tsp pepper
1 tbsp. extra virgin olive oil	1/4 tsp ground nutmeg
1 1/2 cups milk	1 tbsp. cornstarch
1/2 tsp salt	1 1/2 cup shredded cheddar cheese
	1/2 cup grated parmesan cheese
	1 1/2 tbsp. butter

Directions

- 1 Preheat oven to 400
- 2 Add sweet potato cubes to 9x13 casserole dish, along with olive oil and mix until all the pieces are lightly coated. Spread evenly on the bottom of the casserole dish and bake for 20 minutes
- 3 While sweet potatoes are cooking, prepare cheese sauce: in a saucepan, combine 1 1/4 cups milk with salt, pepper, and nutmeg. Place the mixture over medium heat, and cook until it comes to a gentle simmer
- 4 In a small bowl, mix cornstarch and remaining 1/4 cup milk until completely dissolved. Add the cornstarch mixture to the saucepan and stir to combine. Simmer for 2-3 minutes, until it slightly thickens. Add cheddar and parmesan cheese, along with the butter. Stir until the cheese is completely melted
- 5 Pour cheese sauce into the casserole dish and mix throughout the sweet potatoes. Sprinkle extra cheddar and parmesan over the top and place back in oven for about 30 minutes until top is bubbly and slightly browned

Honey Butter Skillet Corn

Serving favorite vegetables with different flavors can help with acceptance of new foods

Prep time	Cook time	Serves
5 minutes	15 minutes	6

things you need

2 tbsp. butter

2 tbsp. honey

1 bag (16-oz) frozen corn

2 oz cream cheese

1/4 tsp salt

1/4 tsp black pepper

Directions

- 1 In a skillet pan, over medium-high heat, melt the butter and honey. Once melted, add the frozen corn and cook for 5-8 minutes, stirring occasionally, until cooked through
- 2 Add cream cheese, salt, and pepper. Stir together and let it cook, about 3-5 minutes, stirring occasionally

Cheesy Green Beans

Let your kids help in the kitchen by trimming the green beans!

Prep time	Cook time	Serves
10 minutes	20 minutes	4

things you need

12 oz fresh green beans

1/3 cup panko breadcrumbs

1 clove garlic

Minced

1 tbsp. unsalted butter

3-4 oz shredded cheese

Mozzarella or cheddar

Directions

- 1 Trim and clean your green beans, then cut in half
- 2 Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium and simmer until beans start to soften, about 4-5 minutes
- 3 While green beans simmer, heat a small pan and toast your panko crumbs until golden brown, shaking and stirring the pan a few times to prevent burning. Remove from heat once they start to brown
- 4 Drain green beans in a colander and return to the pan. Add butter and cook on medium heat for approximately 4-5 minutes or until desired tenderness is reached. Add the garlic toward the end and cook until fragrant and soft (about 2 minutes)
- 5 Season with salt and pepper. Top with cheese and cover pan with lid to help the cheese melt. Top with toasted panko breadcrumbs

Ranch Style Carrots

A simple seasoning on a versatile vegetable

Prep time

5 minutes

Cook time

30 minutes

Serves

4

things you need

1 bag of baby carrots

1/2 package ranch dressing mix (dry)

2 tbsp olive oil

1/2 tsp dried dill (optional)

Directions

- 1 Preheat oven to 350 degrees
- 2 Put the carrots in a gallon bag and add oil to coat
- 3 Add in the ranch dry mix and dill. You can add more oil if needed. Shake the bag to make sure the carrots are coated evenly
- 4 Bake for 30 minutes until carrots are tender

Asian Ramen Noodle Salad

Not all salads need lettuce—this cold salad is packed full of flavor and vegetables

Prep time
10 minutes

Refrigerator
time
1 hour

Serves
8–10

things you need

1 16-oz package coleslaw mix

1 package dry ramen noodles

1 15-oz can mandarin oranges
drained

1 cup frozen shelled edamame
thawed

6 green onions
chopped

1/4 cup slivered almonds

1 tbsp sesame seeds

7 tbsp rice vinegar

2 tbsp vegetable oil

3 tsp soy sauce

3 tsp sugar

4 tsp sesame oil

Directions

- 1 Add the coleslaw mix to a large bowl. Crumble the dry ramen noodles into the coleslaw mix and then add mandarin oranges and edamame. Add green onions, slivered almonds and sesame seeds. Toss together
- 2 In a small bowl, whisk the rice vinegar, vegetable oil, soy sauce, sugar, and sesame oil in a small bowl. Drizzle over the slaw mix and toss to combine
- 3 Refrigerate for 1 hour for flavors to meld

Frozen Vegetable Casserole

You can substitute any kind of frozen vegetables you have on hand or that your family loves.

Prep time	Cook time	Serves
10 minutes	40 minutes	8

things you need

1 12-oz bag frozen broccoli & cauliflower	3/4 tsp salt
	1/2 tsp salt
1 12-oz bag frozen country mix (corn, carrots, & green beans)	1/2 tsp garlic powder
2 cans cream of mushroom	6 oz crispy fried onions
1/4 cup sour cream	1/4 cup mozzarella cheese, shredded
3/4 tsp black pepper	

Directions

- 1 Preheat oven to 350 degrees
- 2 In a large mixing bowl combine bags of vegetables, cream of mushroom soup, sour cream, salt, pepper, garlic powder and 4 oz crispy fried onions. Mix together until everything is incorporated. Pour into a greased 9x13 baking dish . Top with parmesan cheese and remaining crispy fried onions
- 3 Bake for 40 minutes or until mixture is hot, bubbly and golden brown. Serve immediately.

Air Fryer Asparagus

Asparagus can be served as a “magic wand” or “big tree” when serving to kids if it's new & unfamiliar

Prep time	Cook time	Serves
5 minutes	8-10 minutes	8

things you need

1 bundle asparagus

1 tsp olive oil

Salt and pepper (to taste)

1 tbsp shredded parmesan or
mozzarella cheese

Directions

- 1 Preheat air-fryer to 400 degrees
- 2 Wash your asparagus. Trim off the white ends (about 1 inch). Place in a single layer in your air fryer
- 3 Drizzle olive oil, salt, and pepper to coat. Sprinkle parmesan cheese across the top
- 4 Bake in the air fryer for 8-10 minutes until crispy and cooked through. Enjoy immediately!

Dips

- Healthy Chickpea
- 27 Cookie Dough Dip
- 28 White Bean Dip
- 29 Easy Hummus
- 30 Easy Fruit Dip
- Ranch Yogurt Hummus
- 31 Dip

Healthy Chickpea Cookie Dough Dip

Finally a cookie dough with no eggs so you can safely eat it straight from the bowl

Prep time	Cook time	Serves
10 minutes	0	3

things you need

1 can chickpeas

Drained and rinsed

1/8 tsp salt

1/8 tsp baking soda

2 tsp vanilla extract

1/4 cup peanut butter

Up to 1/4 cup milk, if needed

1/3 cup chocolate chips

2/3 cup brown sugar

2-3 tbsp oats to thicken

Directions

- 1 Add all ingredients, except for chocolate chips, to a food processor or high powered blender and process until very smooth. Mix in chocolate chips
- 2 Eat by the spoonful or dip pretzels, graham crackers, or strawberries

White Bean Dip

An easy dip for any type of vegetable or cracker

Prep time

5 minutes

Cook time

0 minutes

Serves

8

things you need

2 15-oz cans of cannellini
beans

Rinsed and drained

1 tbsp. minced garlic

1/2 cup olive oil

2 tbsp. lemon juice

1 tsp salt and pepper

Directions

- 1 In a food processor or high powered blender, combine cannellini beans, garlic, olive oil, lemon juice, salt & pepper. Pulse until it reaches desired consistency (should be like a paste)
- 2 Transfer to bowl and enjoy!

Serving suggestions: cucumbers, bell pepper slices, carrot sticks, crackers

Easy Hummus

Dips are an easy way to get your kids to eat new things with adding more fiber and protein

Prep time

10 minutes

Cook time

0 minutes

Serves

8

things you need

1 can of chickpeas

Also called garbanzo beans

1/4 cup ice-cold water

4 tbsp. oil

Juice of half a lemon

1 tsp garlic powder

1/2 tsp onion powder

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp cumin

Directions

- 1 In a food processor or high speed blender, add chickpeas, lemon juice, seasonings, and process a few times. Slowly add the cold water and blend until smooth and creamy (you may need additional water)
- 2 Serve drizzled with oil (if desired)

Serving suggestions: cucumbers, bell pepper slices, carrot sticks, crackers

Easy Fruit Dip

Mix together and serve with your favorite fruits

Prep time

5 minutes

Cook time

0 minutes

Serves

2

things you need

2/3 cup vanilla yogurt

3 tbsp peanut butter

3 tbsp honey

Directions

1 Add all ingredients to a bowl and stir well to combine

2 Serving suggestions: pretzels, apple slices, strawberries, pineapple, or any of your favorite fruit

DO NOT FEED honey or any food made with honey to any infant under the age of 12 months.

Ranch Yogurt Hummus Dip

A twist on ranch dip

Prep time	Cook time	Serves
5 minutes	0 minutes	2

things you need

- 1 15-oz can chickpeas
- 1/2 cup plain yogurt (WIC approved)
- 1/2 cup lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- 1/4 tsp onion powder
- 1/8 tsp dried dill
- Salt & Pepper

Directions

- 1 In a blender or food processor, add in all of the ingredients and process on high for 1-2 minutes or until completely smooth

Serving suggestions: carrots, cucumbers, pretzels, bell pepper slices, crackers, tomatoes, any of your favorite veggies!

Snacks

- Vegetable Cream
- 33 Cheese Tortilla Roll Ups
- 34 Monster Cookies
- Mini Doughnut Hot But-
- 35 tered Cereal
- 36 PB & J Sushi Rolls
- 37 English Muffin Pizza
- Homemade Sweet
- 38 Potato Chips
- 39 Ham & Cheese Roll-ups

Vegetable Cream Cheese Tortilla Roll Ups

A quick snack or part of lunch, these are delicious for the whole family

Prep time

15 minutes

Chill time

20 minutes

Serves

18 pinwheels

things you need

1 cup chopped veggies: broccoli, carrots, red bell pepper

4 oz cream cheese

Softened

1/3 cup mayo

1/2 tsp garlic powder

1/4 tsp dried dill

1/4 tsp salt

1/8 tsp black pepper

2 large whole wheat tortillas

1/2 cup shredded cheddar cheese

2 tbsp. chopped green onion

Directions

- 1 Choose and chop your veggies. Mince them extra small so they can spread evenly
- 2 In a medium bowl, combine cream cheese, mayo, garlic powder, dill, salt & pepper
- 3 Microwave tortillas for 15-20 seconds to help make them easier to roll. Spread cream cheese mixture on tortillas and sprinkle evenly with veggies, cheese, and chopped onion
- 4 Start at the edge of the tortilla and roll it, tightly, until you reach opposite side. The cream cheese should help it stick, but you could also fasten with a toothpick to help it stick
- 5 Chill in the freezer for 20 minutes before eating to set or chill overnight in the fridge
- 6 Slice into 1 inch slices to create pinwheels and serve

Monster Cookies

Who doesn't love a delicious cookie? Bake and enjoy!

Prep time	Cook Time	Serves
10 minutes	10-12 minutes	18

things you need

1 1/2 cups old fashioned oats	1/2 cup granulated sugar
1/2 cup all-purpose flour	1/2 cup light brown sugar
1/2 tsp baking soda	1 large egg
1/4 tsp salt	2 tsp vanilla extract
1/2 cup unsalted butter, <i>at room temperature</i>	3/4 cup chocolate chips
1/2 cup creamy peanut butter	3/4 cup M&M candies

Directions

- 1 Preheat oven to 350 degrees. Grease 2 large baking sheets with a non-stick cooking spray or line with parchment paper
- 2 In a medium bowl, stir together oats, flour, baking soda, and salt. Set aside
- 3 Using a stand mixer or a hand-held mixer, beat the peanut butter, butter, and sugars together until creamy and smooth, on medium speed. Scrape down the sides as necessary. Beat in eggs and vanilla extract until well combined
- 4 Add dry ingredients and mix on low until just combined. Don't over mix. Gently stir in the chocolate chips and M&M's
- 5 Scoop the cookies into round balls, about 2 tablespoons of dough per cookie, and place on prepared baking sheets. Leave 2 inches between cookies
- 6 Bake for 10-12 minutes or until cookies are lightly browned around the edges, but soft in the middle

Mini Doughnut Hot Buttered Cereal

Pair with some orange or bell pepper slices for an iron-rich snack

Prep time	Cook Time	Serves
5 minutes	5 minutes	18

things you need

4 cups WIC approved O's cereal

1/4 cup butter

1/4 tsp vanilla extract

1/4 cup granulated sugar

1 tsp cinnamon

Directions

- 1 In a small bowl, mix together the sugar and cinnamon. Set aside
- 2 In a large skillet, melt the butter over medium heat. Add vanilla and stir to combine
- 3 Stir in the O's cereal, coating evenly in butter. Cook for about 3-5 minutes, stirring frequently, until the cereal is lightly toasted
- 4 Remove from heat and pour the cinnamon-sugar mixture over the O's. Toss well to coat evenly
- 5 Allow to cool completely, serve, and enjoy!

PB&J Sushi Rolls

Another way to serve an easy pb & j with a little novelty

Prep time	Cook Time	Serves
3 minutes	0 minutes	1

things you need

2 tbsp creamy peanut butter

2 tbsp jelly of your choice

2 slices whole wheat bread

Directions

- 1 Remove crusts from bread. With a large rolling pin or large soup can, flatten the bread.
- 2 Spread 1 tbsp peanut butter and 1 tbsp jelly on each slice of bread
- 3 Roll each slice into a tight spiral. Cut each spiral into 4 pieces

English Muffin Pizza

Let your kids make their own pizza with their favorite toppings

Prep time

1 minute

Cook Time

10 minutes

Serves

2 pizzas

things you need

1/4 cup pizza sauce

1/4 cup shredded mozzarella
cheese

1 English muffin

Optional toppings:

- Pepperoni
- Tomatoes
- Olives
- Mushrooms
- Sausage
- Pineapple

Directions

- 1 Preheat oven to 450 degrees
- 2 Separate English muffins and lay on a baking sheet. Bake for 3-5 minutes or just until lightly browned
- 3 Remove from oven and add half the sauce to each half of the muffin. Then add cheese and other toppings
- 4 Return to the oven for 5-6 minutes or until cheese is melted
- 5 Allow to cool for a minute or two, then enjoy!

Homemade Sweet Potato Chips

If your family loves chips, try these homemade chips

Prep time

10 minutes

Cook time

5 minutes

Serves

Depends

things you need

Sweet potatoes

Canola Cooking Oil Spray

Salt (optional)

Directions

- 1 Wash the sweet potatoes and peel off the skin
- 2 Slice the potatoes into thin equal sized slices—if you have a mandolin, that would work well here
- 3 Lay a piece of parchment paper on top of the removable microwave turntable plate. Lay the sweet potato slices on the parchment paper, spray them lightly with cooking spray and sprinkle with salt (if desired)
- 4 Microwave for 4-5 minutes, depending on the power of your microwave and the thickness of the slices. The edges will start to curl and the sweet potato will turn darker. Be careful not to burn, so keep an eye on them
- 5 Once done, let cool for at least 30 seconds for a crisp chip

Ham & Cheese Roll-ups

Great for a snack or meal, you can use whatever lunch meat and cheese combination you like

Prep time

5 minutes

Cook time

12 minutes

Serves

8 rolls

things you need

1 tube crescent roll dough

1 cup shredded cheese

6-8 slices of ham or deli meat of your choice

Directions

- 1 Preheat oven to 375 degrees
- 2 Unroll dough and separate into crescent squares
- 3 Layer ham and cheese, then roll up into crescents
- 4 Place on a baking sheet
- 5 Bake for 10-12 minutes until crescent rolls are cooked



Activities

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Happy O's Gluing Activity

Picking up and gluing the cereal is helpful for fine motor skills and recognizing shapes

things you need

Construction paper

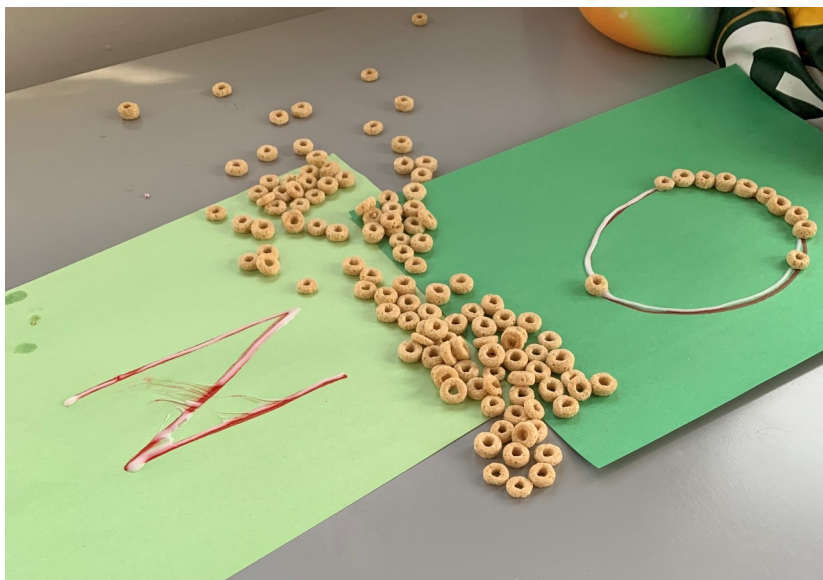
Glue

Marker

WIC approved O's cereal

Directions

- 1 Draw a few shapes, lines, or letters on construction paper. You could write your child's name or just have a big area to allow them to make their own pattern. Then put glue over the lines on the paper
- 2 In a bowl or on the table, put some o's cereal out and allow your child to glue the cereal on the paper



Potato & Apple Stamps

If you have extra or ones about to go bad, use them to make a piece of art

things you need

Washable paint

Construction paper

Potato

Apple

Directions

- 1 Cut the potato and apple into chunks or shapes, whatever your preference is.
- 2 Put the washable paint on a plate. Dip the potato and apple in the paint and stamp onto construction paper.
- 3 Make patterns, shapes, colors, and even your favorite characters. Let your child's imagination lead this activity!

Grape & Marshmallow Structures

See what kind of structure you can build. Be careful with the toothpicks!

things you need

Toothpicks

Grapes, washed

Marshmallows

Directions

- 1 Carefully using the toothpicks, poke into the grapes and marshmallows, building your own edible art!

Milk Rainbow Toast

Make a beautiful design on your toast before eating! What can your child create?

things you need

Bread

Paint brushes (clean)

Milk

Food coloring

Toaster

Directions

- 1 Make edible milk paint by pouring a small amount of milk into several bowls. Add a tiny amount of food coloring to each bowl and stir
- 2 Allow your child to paint the milk-paint on their bread—have your child use their imagination. You can do rainbows, polka dots, or a design of their own.
- 3 When you are done painting, put the bread into a toaster for a minute or two. Once toasted, it's ready to eat! Enjoy

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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