

# Ohio WIC Recipes

## Asian Dish: *Brown Rice with Sizzling Chicken and Vegetables* (Makes: 4 Servings) (Cook Time: 30 minutes)



### Ingredients

3 cups hot cooked brown rice	2 cloves garlic (minced)
3 tablespoons low-sodium soy sauce	1 small white onion, cut into small wedges (about 1/8 inch thick)
1/4 cup water	3 medium carrots, peeled and thinly sliced (1 cup total)
1 tablespoon honey	1 1/2 cups small broccoli florets
1 tablespoon cornstarch	1 medium red bell pepper (cut into 1 -inch pieces)
1 1/2 tablespoons canola or corn oil	
16 ounces boneless chicken breast (cut into 1-inch cubes)	

**Serving Suggestions:** Serve with an 8 oz glass of non-fat milk.

Source: [Meeting Your MyPlate Goals on a Budget](#) Toolkit by MyPlate [National Strategic Partners](#)

### Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

## Mediterranean Dish: *Fruit Salad with Yogurt* (Makes: 4 Servings) (Preparation Time: 25 minutes)



### Ingredients

2 cups strawberries (sliced)	3 tablespoons pineapple juice
1 cup blueberries (rinsed)	2 cups plain low-fat yogurt
1 cup pineapple chunks (canned, or fresh)	1/8 cup almonds (sliced or slivered)

Any 100% fruit juice can be used instead of pineapple juice.

Source: USDA Center for Nutrition Policy and Promotion

### Directions

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

## Latino Dish: *Black Bean Quesadillas* (Makes: 8 Servings) (Preparation Time: 15 minutes)



### Ingredients

3/4 cup chunky salsa (or Pico De Gallo)      2 tablespoons fresh cilantro (finely chopped)  
1 can 15.5 ounce low-sodium black beans (drained and rinsed)      4 8 inch flour tortillas  
2 cups shredded reduced-fat Colby & Monterey Jack cheese      1/2 teaspoon extra virgin olive oil

- Serves 8 as a side dish

- Serving suggestions: For a wholesome dinner, serve with Tasty Lemon and Herb Chicken, Brown Rice with Vegetables, and a piece of fruit for dessert.

Source: The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking

### Directions

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

## Middle Eastern Dish: *Hummus* (Makes: 8 Servings) (Preparation Time: 20 minutes)



### Ingredients

2 cups garbanzo beans, cooked (chickpeas)  
2 cloves garlic (minced)  
1/4 cup lemon juice  
1 tablespoon sesame tahini ([sesame paste] or substitute peanut butter for a sweet taste)  
2 tablespoons olive oil

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Learn more about garlic and lemons.

Source: Simple Healthy Recipes

ONIE Project - Oklahoma Nutrition Information and Education

### Directions

1. Wash hands with soap and water.
2. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
3. Add the garlic, lemon juice, tahini and oil. Mix well.