

Recipes

All recipes were adopted by the NC DHHS Nutrition Services Branch

Brown Rice and Lentil Casserole www.recipezazz.com

Lentils are a good source of fiber, protein and folic acid. Make sure lentils are not cracked and free of dirt, debris and moisture.

Three WIC foods were used:

- lentils
- brown rice
- cheese

Makes 8 servings

Ingredients

- 3 cups reduced-sodium chicken broth
- $\frac{3}{4}$ cup of green or brown lentils
- $\frac{1}{2}$ cup uncooked brown rice
- $\frac{3}{4}$ cup onion, chopped
- $\frac{1}{2}$ teaspoon garlic powder
- 1 cup reduced-fat cheddar cheese, grated

Directions

1. Preheat oven to 300 degrees F
2. Mix all the ingredients, except the cheese in a 11X7 baking dish
3. Cover with foil and bake for 1 hour 10 minutes
4. Remove the foil and sprinkle cheese on top
5. Bake for another 20 minutes

Nutrition information

Calories 15, Fat 3.5g, Carbohydrate 22 g, Protein 10g, Fiber 3g, Sodium 330mg, Cholesterol 10mg

Split Pea Soup

Dry peas are a good source of fiber, protein and B vitamins.

Four WIC foods were used:

- Dry peas
- Three vegetables you can buy on the eWIC card

Makes 8 servings

Ingredients

- 1 tablespoon, vegetable oil
- 1 large carrot, chopped
- 1 large celery stalk, chopped
- 1 medium onion, chopped
- 1 bay-leaf
- 8 cups fat-free chicken broth
- 1 lb. dry split peas
- 1 teaspoon dried basil
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions

1. In a large saucepan, heat oil over medium heat. Add carrot, celery, onion and bay leaf. Sauté for 5 minutes
2. Add broth and split peas. Cover pot and bring to boil over high heat. Lower heat and simmer, covered. Cook until peas are tender and soup is thick, about 60-90 minutes
3. Add basil, salt and pepper Nutrition information

Calories 250, Fat 2.5g, Carbohydrate 38 g, Protein 20g, Fiber 16g, Sodium 570mg, Cholesterol 0mg

Quick Cheese Enchiladas: Soft-Corn Tortillas

Soft-corn tortillas are a good source of fiber, B vitamins and folate.

Four WIC foods were used:

- Soft corn tortillas
- Reduced fat cheese

Makes 6 servings

Ingredients

- 1 large (19 oz.) can enchilada sauce pan
- 1 small (10 oz.) can enchilada sauce
- 12 (6-7in.) soft corn tortillas
- 3 cups (12oz.) reduced-fat Monterey Jack cheese, shredded
- 1 medium onion, chopped
- 3 green onions with tops, thinly sliced

Directions

1. Preheat oven to 350 degrees F
2. Warm enchilada sauce in medium sauce pan. Dip one tortillas at a time into enchilada sauce. Keep it in the sauce until it is soft enough to roll (about 1 minute).
3. Put about 3 tablespoons cheese and 2 teaspoons of chopped onion in the center of tortilla. Roll up the tortilla. Put enchilada, seam side down, in a 13x9-inch baking pan. Repeat until all tortillas are full
4. Spoon remaining sauce over the enchiladas. Sprinkle with cheese.
5. Cover with foil and bake for 20 to 30 minutes.
6. Sprinkle with green onions

Calories 300, Fat 13g, Carbohydrate 31g, Protein 18g, Fiber 4g, Sodium 1710mg, Cholesterol 40mg

