

WIC RECIPE PROJECT

Recipes Using Fruits and Vegetables
From the WIC
Farmers' Market Nutrition Program



Brushetta Chicken by Hayley

Ingredients:

Chicken
Tomatoes
Red onion
Garlic
Basil
Balsamic Vinaigrette
Salt & Pepper to Taste

Season Chicken and saute' it. Chop Garlic, tomatoes and onion. Mix. Plate Chicken, put veggies on top. Drizzle with Balsamic Vinaigrette. Chop Basil and sprinkle on top.



Cowboy Casserole by Janinne

Ingredients:

1lb. Hamburger	1/4C Diced onion
1/2C Sliced Carrots	1 Box Beef Broth
1 Can Green Beans	8 Potatoes
1 Can Corn	Cornstarch
1 Can Diced Tomatoes	

Directions:

Place all ingredients except Potatoes and Cornstarch in Crock Pot for 4 hours OR simmer on stove until Carrots are cooked. Mix 1 T Cornstarch with 1/4C Cold water and stir in to thicken juices. Add additional Cornstarch mix if needed. Preheat oven to 350*. Place stew in 9 x 13" pan. Mash cooked Potatoes with Butter. Spread or pipe on top of stew. Sprinkle Parsley on top if desired. Bake until potatoes are brown—about 30 minutes. Stew may be made ahead of time. If contents are cold, increase bake time up to 1

Spaghetti Squash 'n' Cheese by Susan

Ingredients:

Spaghetti Squash
Ranch Dressing Powder
Choice of Cheese
Butter
Sauce of Choice

Directions: Cut Squash in half and place both halves face down in dish with about 1" of water. Microwave or bake until tender and "noodles" separate when fork is dragged lengthwise. Top with butter, sprinkle with dressing powder and cheese. Mix until cheese melts.

Options: Top with Tomato Sauce OR Carrot Top Pesto. Add meat and other vegetables as desired.



Carrot Top Pesto by Jasmine

Ingredients:

2C Carrot Tops	Salt & Pepper to taste
2-3 Cloves Garlic	4 Basil Leaves
1/2C Parmesan Cheese	1/2C Olive Oil

Directions: Grate Cheese

Pulse all Dry Ingredients in food processor or blende until well

Combined. Slowly drizzle Olive Oil and blend until desired consistency is reached. Taste. Adjust Salt and Garlic as desired.

Toss with your favorite WIC Whole Wheat Pasta OR Spaghetti Squash. Steam the carrots as a side dish or mix in with the noodles.

Stuffed Peppers or Cabbage by Sue

Ingredients:

1 1/2lb Lean ground Beef	1Can (8oz) Tomato Sauce
1tsp Garlic Salt	1 Head Green Cabbage
1/2C Diced Onion	OR 4—6 Bell Peppers
1 Can (14.5oz) Diced Tomatoes	2C Cooked Brown Rice
1 Can (14.5 Stewed Tomatoes	

Directions:

In medium bowl, combine half a can of Tomato Sauce and half can Diced Tomatoes. Put in bottom of 9x13" baking dish (spray with non-stick spray).

In a large bowl, combine Ground Beef, Garlic Salt, Diced Onions, Rice and remaining Tomatoes and Sauce. Makes a lot of mush.

Core the cabbage, gently separate each leaf. Place all leaves in a large pot of boiling water for 5 minutes until leaves are just softened. Remove with tongs, Cool. Put about 1/3C Beef Mix in center of leaf, fold in sides and roll up. Place in pan seam side down. Pour can of Stewed Tomatoes on top. Bake at 350* 45-60 minutes until lightly browned on top. Boil remaining Cabbage as side dish along with remaining Rice.

Option B: Substitute Bell Peppers (any color) for cabbage. Slice top off peppers and clean out seeds and "ribs". Stuff Beef Mix into Peppers. Pour Stewed Tomatoes on top and bake as above.

Sweet Potato Biscuits by Susie

Ingredients:

2C Sweet Potato Puree	2T + 1/4tsp Baking Powder
4 1/3C All Purpose Flour	2 Sticks Unsalted Butter
3T Lt Brown Sugar	2/3C Milk or Cream

Directions:

Preheat oven to 400*. Cut potatoes in half. Place on greased cookie sheet. Bake about 30 minutes until soft. Cool and peel. Blend to puree.

Preheat oven to 425*. Cover a baking sheet with parchment paper. Set aside. Mix dry ingredients. Add Butter and cut into Flour Mix until texture is like coarse sand. Make well in Flour Mix. Mix in Puree and Milk. Mix well. On floured surface, roll dough 3/4" and cut into 2" circles. Place on sheet. Bake about 20 minutes until golden brown. Cool.



Kale Soup by Taylor (2019 Recipe Project Winner!)



Ingredients:

Kale	Lentils or Brown Rice
Celery	Salt & Pepper to taste
Carrots	Herbs- Sage, Parsley, etc
Onion	Garlic to taste
Chicken	Chicken Broth

Directions:

Boil Chicken in Broth with Herbs, Salt, Pepper, chopped onion and crushed garlic. Remove Chicken. Add carrots, cook until tender. Add Celery and Kale, simmer until tender.

Cook Lentils or Rice as directed. Return Chicken to pot and add grains.



Creamy Spinach by Gayren

Ingredients:

Fresh Spinach	Celery
Garlic to taste, crushed	Salt & Pepper to taste
Onion	Chicken Broth
Cabbage	Milk or Cream
Baby Bok Choy	

Directions: Chop veggies. Place all in pot except Spinach. Add enough broth to cover. Season as desired. Simmer until tender and liquids reduce slightly. Add milk or Cream.

Option 2: Make your favorite White Sauce. Omit broth and add vegetables. Simmer until sauce thickens and veggies are tender.

Green Tomato Relish by Linda

Ingredients:

4C Green Tomatoes, Chopped

1C Vinegar

1/2C Sugar

1/4 of 1 Onion, chopped

1T Minced Garlic

Directions:

Boil all ingredients until tomatoes are soft. Fill ½ Pint Mason Jars. Seal as directed, placing lids on tightly. Cook in water bath for 45 minutes to seal. Cool away from drafts.



Figs 'n' Brussels by Easton

Ingredients:

Brussel Sprouts Balsamic Vinaigrette

Garlic Figs

Ginger

Onions

Directions:

Cut Brussels in halves or quarters. Blanche and cool. Bring pan to searing hot (smoky). Lay Brussels face down and reduce heat. Add Garlic and ginger (to taste, 3 to 1 ratio). Cook until Brussels are deeper in color or brown. Remove from heat. Finish with Balsamic Reduction below.

Balsamic Reduction: On low heat, put Balsamic Vinegar and figs in pot. Reduce, while stirring 20 – 30 minutes until thick like syrup.

Beet/Mandarin Salad by Patty

Ingredients:

4-5 Beets

1C Mandarin Oranges in juice

4 Green Onions

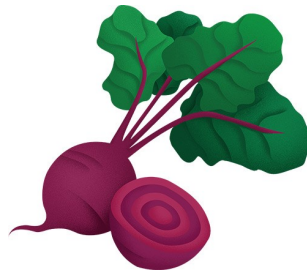
Sushi Ginger (optional)

Salt/Seasoning to taste (I like Tajin Classico Seasoning)

Balsamic Vinaigrette

Directions:

Roast or steam Beets until soft. Peel and dice. Clean and slice Green Onions and finely chop Ginger. Add Oranges. Season as desired. Drizzle with vinaigrette and toss until well mixed.



Fruit Salad by Ashley

Ingredients:

2 Apples

2 Bananas

Grapes

1 Bag Mini-Marshmallows

Fruit Preserves

Directions: Core/slice/chop Apples. slice Bananas and de-stem Grapes. Amounts and types of each fruit are by preference. Mix in preserves and gently stir in marshmallows.

Option 2: Omit preserves and mix other ingredients with Whipped Cream or Cool-Whip.

Fruit Smoothies- by Anni

Ingredients:

1C Whole Milk

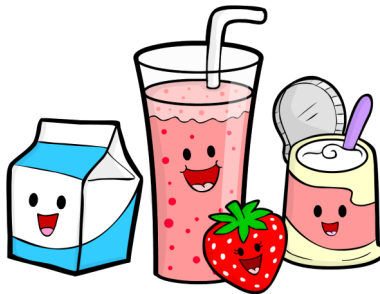
1/2C Vanilla Yogurt

1C Fresh or Frozen Fruit of Choice

Fruit Juice (optional)

Directions:

Place Milk, Yogurt and Fruit into a blender, mix thoroughly for about 2 minutes on high or until well blended. If mixture is too thick, thin with more Milk or a little Fruit Juice. Pour into cups or glass and enjoy.



Fruit Smoothies in Orange by WIC

Ingredients:

1 Apple, cored and chopped

1 Sweet Potato, peeled

1T Lemon Juice

Fruit Juice

Yogurt (optional)

Directions:

Sweet Potato may be raw or cooked. Apple may be peeled if desired. Chop Apple and Potato and place in blender. Add Lemon Juice. Blend with enough Fruit Juice to reach desired consistency. Yogurt can be blended for a smoother texture.

Fruit Smoothies in Green by WIC

Same as above except, replace Sweet Potato with Chopped Baby Kale or Spinach.

Whole Wheat Pie Crust by WIC

Ingredients:

1 1/4C Whole Wheat Flour
1/8tsp Sea Salt
7T Cold Butter
2 – 3T Cold Water

Directions:

Mix Flour and Salt in medium bowl. Add Butter and cut in using pastry blender or fork. Add 2 – 3 T Cold Water, 1/2T at a time until dough forms ball. Form into disk. Cover and place in refrigerator for 30minutes. Roll dough on lightly floured surface into 10" circle. Fold in quarters and place in pie plate. Unfold, fitting loosely in place. Trim edges. Double recipe if top crust is needed. Crimp and flute for a decorative edge.



Oatmeal Pie Crust by WIC

Ingredients:

1C Quick-cook Oats
1/3C Sifted Flour
1/3C Brown Sugar
1/2tsp Salt
1/3C Cold Butter

Directions: Preheat oven to 375*.

Combine Oats, Flour and Salt. Use pastry blender or fork to cut in Butter until mixture is crumbly. Press firmly on bottom and sides of lightly greased 9" pie plate. Bake for 13-15 minutes or until crust is lightly browned.

Fill with any cream or pudding based filling.

Classic Apple Pie by WIC

Ingredients:

Pie Crust of Choice	4 Apples (About 1 1/2lbs)
1/2C Sugar	1T butter
2T Cornstarch	1Egg White– beaten
2tsp Cinnamon	1T Water

Directions: Prepare your choice of pie crusts (2) and set aside.

Preheat oven to 400*.

Peel, core and slice Apples. Mix Sugar, Cornstarch, and Cinnamon in a small bowl. Sprinkle over Apples to coat well. Spoon into pastry lined pie plate. Dot with Butter. Top With 2nd pie crust– seal and flute edges. Cut small slits in top crust. Mix water with egg-white. Brush top. Bake 45-50 minutes until golden brown. Protect edges with foil if necessary to keep them from burning.



Peach Cobbler by WIC

Ingredients:

1/2C Butter, melted	1tsp Baking Powder
4 or 5 peaches	1C Whole Wheat Flour
2tsp Lemon juice	1tsp Cinnamon
3T + 1C Sugar	1/2C Milk
1/4tsp Salt	1tsp Vanilla

Directions: Preheat oven to 350*.

Pour butter in bottom of 9x13" Pan.

In a bowl, toss peaches with lemon Juice. Add 3T Sugar and toss again. Pour into pan.

In a Large Bowl, combine the remaining ingredients and stir gently. Spoon batter over peaches.

Bake 45 minutes or until cobbler is bubbly and crust is golden brown.

Beet Red Velvet Cake by WIC

Ingredients:

1 1/4C Cooked Beets	1 1/2C Sugar
2T Lemon Juice	3T Unsweetened Cocoa
3/4C Vegetable Oil	1tsp Sea Salt
4 Large Eggs	2Tsp Baking Powder
3/4C Buttermilk	1tsp Baking Soda
2 1/2C Flour	

Preheat oven to 350*. Put liners in 2 12-count cupcake pans.

Cook beets until soft, cool, peel and chop. In blender or food processor, blend Beets with Oil and Buttermilk until smooth. Add Eggs and combine well. In large bowl, whisk Flour, Sugar, Cocoa, Baking Powder, Salt and Baking Soda. Add Beet Mix and whisk just until combined. Fill each cupcake liner 2/3rds full. Bake 15-18 minutes until toothpick comes out clean. Cool on rack 5 minutes. Remove from pan and cool completely. Ice with Cream Cheese Frosting if desired.

Fresh Apple Cake by Patty

Ingredients:

4 Lg Apples (6 Small)	1/C Chopped Pecans
2C Sugar	1tsp Salt
1/2C Vegetable Oil	2tsp Baking Soda
2tsp Vanilla	1-2 tsp Cinnamon
2 Well-beaten Eggs	
2C Flour	

Preheat oven to 325° Pyrex or 350* Metal. Spray 9x13" pan with non-stick spray.

Core and chop Apples (leave skins on). Toss in bowl with Sugar. Add Oil, Vanilla, and Eggs. Mix well. Combine dry ingredients and add to Apple Mix. Stir well. Pour evenly into pan. Bake about 1 hour or until cake pulls away from sides of pan. Cool on rack.

To store, Cover lightly with towel to keep crispy crust. If kept in air-tight container, crust will soften but is still delicious.

The WIC FMNP Fruit And Vegetable Recipe Project started mid-summer 2019. We wanted to know how WIC families used the produce from the Farmers' Market Nutrition Program and from their monthly produce benefits. We hope to continue to expand the Recipe Book each summer. Enjoy the recipes within and remember to share your favorite Fruit or Vegetable Recipe with your fellow WIC families.



Contact Your Local WIC Office for more information about WIC benefits or the Farmers' Market Nutrition Program.

Bremerton WIC

360-373-6221

845 8th St

Bremerton, WA 98337

Port Orchard WIC

360-473-2144, Ext 2

3200 Rainshadow Ct

Port Orchard, WA 98366

Silverdale WIC

360-692-6530

3513 NW Anderson Hill Rd

Silverdale, WA 98383