

MOVHD WIC 211 6th St., Parkersburg, WV 26101

“The MOVHD WIC Program is an equal opportunity provider.”

October, November and December 2014

1% and Non-fat milk is a *healthy choice* for you and your family.

All Milk has:

- Calcium and Vitamin D for strong teeth and bones.
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure.

Doctors and nutritionists encourage drinking 1% and Non-fat milk.

Low fat milk has:

- Same calcium
- Same protein
- Same minerals and vitamins
- Less fat
- Fewer calories

Make the Change!

Enjoy the refreshing taste of 1%
and Non-Fat Milk.

pour milk into a covered pitcher.

Your family will probably not know
which type of milk they are drinking.

Make a slow change. If your family is drinking whole or 2% milk, make the first step – drink 1% milk. When your family is comfortable with 1% milk, try changing to skim milk. You can even mix the different milks to slowly change your family’s milk choice.

Are you buying fruit roll-ups? Save some money and make your own with the following recipe.

Apple Leather

- Nonstick vegetable cooking spray or shortening
 - 1 $\frac{1}{2}$ cups unsweetened applesauce
1. Preheat oven to 400 degrees. Coat baking sheet with spray or shortening.
 2. Using a rubber spatula, spread applesauce evenly over the baking sheet.
 3. Place baking sheet in oven. Lower heat to 200 degrees. Bake for approximately 3 hours until the apple leather can be peeled from the baking sheet.
 4. Cut apple leather into 4x4-inch pieces with scissors. Serve. Store leftovers in plastic wrap.

Rabbit Sherbet

Have a picky eater? Try this quick and easy dessert to sneak in some vegetables (carrots are an important source of vitamins).

1 cup cooked carrots or if you have any leftover baby food carrots
1 pint orange sherbet, softened $\frac{1}{4}$ cup orange juice

Combine carrots and orange juice in blender container. Blend until smooth. Fold into softened sherbet. Pour into a large plastic container or bowl or try an ice cube tray. Cover and freeze. Serve scooped out into individual cups.

Butternut Squash, Lentil and Wild Rice Stew

6 servings

www.midwestliving.com

2 pounds butternut squash
2 stalks celery, sliced (1 cup)
1 large onion, chopped (1cup)
1 cup dry lentils, rinsed and drained
2/3 cup wild rice, rinsed and drained
4 cups chicken broth
1 $\frac{1}{2}$ cups water
2-10 1/2ounce can condensed French onion soup
1 teaspoon dried thyme, crushed
 $\frac{3}{4}$ teaspoon ground white or black pepper
 $\frac{1}{4}$ cup chopped fresh parsley

1. Peel squash. Halve lengthwise. Remove seeds and discard. Cut squash into $\frac{3}{4}$ - inch pieces. In a 5-6 quart slow cooker, combine squash, onion, celery, lentils and wild rice. Stir in broth, onion soup, water, thyme and pepper.
2. Cover slow cooker; cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 $\frac{1}{2}$ to 4 hours. Just before serving, stir parsley into mixture in slow cooker.

Sweet and Spicy Pumpkin Seeds

<http://allrecipes.com>

2 cups pumpkin seeds, rinsed and dried 1 teaspoon salt
2 tablespoons butter, melted 1 tablespoon Worcestershire sauce
1 tablespoon brown sugar 2 drops hot pepper sauce

1. Preheat oven to 300 degrees. Line a baking pan with aluminum foil.
2. Stir together the pumpkin seeds and butter in a bowl. Add the salt, Worcestershire sauce, brown sugar, and hot pepper sauce; stir. Spread the seeds in a single layer on the baking pan.
3. Bake in preheated oven until crispy, about 45 minutes.

Deer Chop Hurry

Servings: 4

allrecipes.com

2 pounds deer chops (venison) 1 medium onion, chopped
1 cup ketchup $\frac{1}{2}$ cup packed brown sugar
 $\frac{1}{2}$ cup water 1 (1 ounce) envelop dry
Onion soup mix

Thinly slice the deer chops and brown them in a heavy skillet over medium-high heat. Transfer the meat to a slow cooker. Mix in the ketchup, water, onion, brown sugar, and dry onion soup mix. Cook on LOW for 6 hours or until tender. If you want to cook it in a roaster, bake at 350 degrees F, for 1 hour.