

WIC MENU IDEAS

CEREAL

Chicken Vegetable Soup
Cheesy Corn Muffins
Orange Slices
Milk/Juice

Meat Loaf
Creamy Mashed Potatoes
Green Beans
Bread Slice
Milk/Juice
Cherry Jello with Fruit

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, age, and disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint, write the Administrator, Food and Nutrition Service, USDA, 3101 Park Center Drive, Alexandria, Virginia 22302. USDA is an equal opportunity employer.

This publication is authorized by Jerry R. Nida, M.D., Commissioner of the Oklahoma State Department of Health. Cost of preparation and distribution was \$4,028.00 for 30,000 copies. OSDH is in compliance with Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. Copies have been deposited with the Oklahoma Department of Libraries Publications Clearinghouse. For additional copies, order #P-132 through Shipping/Receiving, OSDH. Printed 7/97.



CEREAL

WIC cereals provide the iron needed for a strong body and healthy blood.

Ways To Use WIC Cereal

- ▶ Use plain for breakfast or as a snack.
- ▶ Use crushed dry cereals in place of bread crumbs in favorite recipes for meat loaf, stuffing for meat or vegetables or coating for fried or baked poultry, fish, meat or vegetables.
- ▶ Use dry cereal (Bran Flakes or Corn Flakes) for bran in muffins, quick breads or pancakes.
- ▶ Try crushed dry cereal for flour or graham crackers in pie crusts.
- ▶ Try dry cereal as a topping for casseroles or fruit crisp.
- ▶ Add $\frac{1}{2}$ cup Cream of Wheat to soups and casseroles.
- ▶ Make your own granola by combining 2 or 3 dry cereals with raisins, nuts and sunflower seeds.

Recipes Using WIC Cereals

CHEESY CORN MUFFINS

2 c corn flakes*	1 t baking powder
1 $\frac{1}{4}$ c milk*	2 eggs, beaten*
$\frac{1}{2}$ c sugar	1 stick margarine, melted
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ c cheese, grated*
1 $\frac{1}{2}$ c flour	

Mix cereal and milk in bowl. Set aside. Mix remaining dry ingredients together. Add eggs and margarine to cereal mixture. Add dry ingredients and cheese to cereal mixture. Mix just until moistened. Pour into greased muffin cups. Bake at 375° for 20-25 minutes. (Makes 12 muffins.)

BRAN MUFFINS

1 $\frac{1}{4}$ c flour	1 $\frac{1}{2}$ c bran cereal, crushed*
3 tsp baking powder	1 $\frac{1}{4}$ c milk*
$\frac{1}{2}$ tsp salt	1 egg*
$\frac{1}{2}$ c sugar	$\frac{1}{2}$ c shortening or oil

Stir together flour, baking powder, salt and sugar. Set aside. Measure cereal and milk into mixing bowl. Stir and let stand 1-2 minutes until cereal is soft. Add egg and shortening. Beat well. Add dry ingredients to cereal mixture, stirring only until combined. Pour batter into muffin pan or loaf pan. Bake at 400° for 25 minutes (Makes 12 muffins.)

MEAT LOAF

1 egg, slightly beaten*	$\frac{1}{2}$ c crushed cereal*
$\frac{1}{2}$ c whole or evaporated milk*	1 pkg dry onion soup mix
$\frac{1}{2}$ lb ground beef	tomato sauce or catsup

Combine all ingredients except tomato sauce. Put in loaf pan. Spread top with tomato sauce or catsup. Bake at 350° for 1 hour. (Makes 1-2 servings.)

NO-BAKE PEANUT BUTTER COOKIES

$\frac{1}{2}$ c sugar	1 c peanut butter*
$\frac{1}{2}$ c corn syrup	3 c flake cereal*

Bring sugar and corn syrup to boil in saucepan. Add peanut butter, mix until smooth. Stir in cereal. Drop by spoonfuls on waxed paper or foil. (Makes 3 doz cookies.)

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon