









Remember your cash benefit (fresh or frozen fruits and vegetables) increases in June to \$35.00 per participant!

Aitkin County WIC has created a "Master List" of three different options of how you can spend your cash benefit at the grocery store featuring recipes and a shopping list!







THE ULTIMATE FRUIT & VEGETABLE CART



Vegetables

- (4) Bell Peppers, Assorted Colors
- (1) Red Onion
- (1) Bag of Baby Carrots

Fruits

None

*Prices are based by Paulbeck's County Market
**Prices are contingent on regular or sale prices

\$9.03

Vegetables

(4) Bell Peppers, Assorted Colors

(1) Red Onion

(1) Bag of Baby Carrots

(2) Zucchini

(2) Tomoatoes

(1) Broccoli, head

<u>Fruits</u>

(2) Raspberries, containers(1) Blackberries, container

(1) Blackberries, containe

*Prices are based by Paulbeck's County Market **Prices are contingent on regular or sale prices

\$34.39



Recipes!



Grocery LIST



PRODUCE	MEAT/EGGS	PANTRY
(4) Bell peppers	(1) Family pack of chicken thighs	Olive oil
(1) Red onion		Salt
(2) Zucchini		Pepper
(1) Head of broccoli		☐ Italian seasoning
(2) Tomatoes		Parika
(1) Bag of baby carrots		Garlic powder
(2) Containers of raspberries	S	Butter
(1) Container of blackberries		Brown sugar
	FROZEN	
		BAKING
		☐ Whole wheat flour
		Cinnamon
DAIRY		
Π		
\square	BAKERY & DELI	OTHER
		(1) - 16 oz package rolled oats
	Π	

SHEET PAN ROASTED CHICKEN & VEGETABLES

Ingredients:

VEGETABLES

- 4 Bell peppers, assorted colors
- 1 Red onion
- 2 Zucchini
- 1 Broccoli, head
- 2 Tomatoes
- 1 Baby carrots, bag
- 4 Tbsp. Olive oil
- 1 Tsp. Salt
- 1 Tsp. Pepper
- 2 Tsp. Italian Seasoning
- Pinch of Paprika (optional)

CHICKEN THIGHS

- 2 Tsp. Garlic Powder
- Family pack of chicken thighs
- 1 Tbsp. Italian Seasoning
- 2 Tsp. Paprika
- 1 Tsp. Salt
- 1 Tsp. Pepper
- 1/4 cup Olive oil

Quick Tips:

For extra flavoring, marinate chicken thighs in a Ziploc bag with Italian Seasoning Dressing.

Make sure your chicken is cooked until 165 degrees Fahrenheit.

Check your pantry and fridge for ingredients before you shop!

Prep. time:	Cook time:	Total time:
10 min	40 mins	50 mins



Directions:

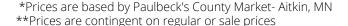
Preheat oven to 375 degrees Fahrenheit. In a large mixing bowl whisk together olive oil, garlic, Italian seasoning and paprika. Dab chicken thighs well dry with paper towels and add chicken thighs to bowl with oil mixture.

Wash and chop all vegetables into medium size pieces as shown in image above. In a large mixing bowl, add the olive oil, salt, pepper, Italian seasoning, paprika and toss to combine. Transfer seasoned vegetables onto your baking sheet.

Transfer thighs to baking sheet turning skin side down. Season with salt and pepper then turn skin side up and season with salt and pepper.

Place prepared baking sheet in oven. Let recipe bake for 40 minutes or until chicken is fully cooked.

WIC Fruit & Vegetable Cash Benefit: \$19.38
Non-WIC: \$12.09





FRUIT CRISP BAKE

Ingredients:

- 2 Containers of fresh raspberries
- 1 Container of fresh blackberries
- 4 Tbsp. soft (melted) butter
- 4 Tbsp. brown sugar
- 1/2 Cup rolled oats
- 4 Tbsp. whole wheat flour
- 1 Tsp. ground cinnamon

Prep. time:	Cook time:	Total time:
10 min	40 mins	50 mins



Directions:

Place fruit on the bottom of the baking dish (8"x8"). In a mixing bowl, place all other ingredients: butter, brown sugar, rolled oats, whole wheat flour and cinnamon. Stir the mixture well. Sprinkle the mixture on top of the fruit.

Bake at 375 degrees Fahrenheit for 45 minutes or until the top is golden brown.

Quick Tips:



Try substituting raspberries and blackberries with either apples or rhubarb.



Check your pantry and fridge for ingredients before you shop!

WIC Fruit & Vegetable Cash Benefit: \$14.97

WIC Whole Grains: \$1.75

Non-WIC: \$14.36

*Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices



THE ULTIMATE FRUIT & VEGETABLE CART No a quick comparison! \$35.00 OPTION

Vegetables

- (2) Broccoli, heads
- (1) Yellow Onion

Fruits

\$8.98

None

*Prices are based by Paulbeck's County Market
**Prices are contingent on regular or sale prices

COMPARE WHAT'S IN THE CART

Vegetables

(2) Broccoli, heads (1) Red bell pepper

(1) Neu bell peppe (1) Vallau ball pappa

(1) Yellow bell pepper

(1) Container mushrooms

(1) Yellow onion

(1) Sugar Snap Peas, bag

(1) Sprouts, bag

Fruits

(1) Fresh raspberries, container (1) Fresh blueberries, container

(1) Fresh strawberries, container

*Prices are based by Paulbeck's County Market **Prices are contingent on regular or sale prices

\$36.03



Recipes!



Inology LIST OPTION 2



PRODUCE	MEAT/EGGS	PANTRY
(2) Heads of broccoli	1 lb. of peeled shrimp	
(1) Red pepper		
(1) Yellow pepper		
(1) Container mushrooms		
(1) Onion		
(1) Bag of sugar snap peas		
(1) Bag of sprouts		
(1) Container of raspberries		
(1) Container of blueberries		
(1) Container of strawberries	FROZEN	
	Π	
		U
		BAKING
DAIRY		
(1) - 32 oz Plain Greek yogurt		
O		U
	BAKERY & DELI	OTHER
		(1) Bottle of stir fry sauce
		(1) - 12 oz package honey bunches of oats
		——————————————————————————————————————

SHRIMP STIR-FRY

Ingredients:

- 1 lb. of peeled shrimp
- 2 Heads of broccoli
- 1 Red bell pepper
- 1 Yellow pepper
- 1/2 Cup mushrooms
- 1 Cup sugar snap peas
- 1 Onion
- 1 Cup sprouts
- 1 Bottle of House of Tsang, classic stir-fry sauce
- Essential everyday rice, brown

Prep. time:	Cook time:	Total time:
15 min	20 mins	35 mins



Directions:

If serving with rice, prepare the rice according to the package. Chop the veggies. Add 1 tbsp. olive oil to a skillet and cook the shrimp over medium heat. Add 1 tbsp. to skillet and sitr-fry the veggies for 6-7 minutes until just starting to brown on the edges, stirring occasionally. In the last minute add 1 tbsp. water and allow the veggies to steam.

Turn heat to low. Stir in the stir-fry sauce and serve immediately.

Quick Tips:



Try substituting the shrimp for steak or chicken.



Check your pantry and fridge for ingredients before you shop!

WIC Fruit & Vegetable Cash Benefit: \$20.06

WIC Whole Grains: \$1.09

Non-WIC: \$11.00

*Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices



Quick & Easy Breakfast

FANCY YOGURT PARFAIT

Ingredients:

- Plain Greek yogurt
- 1 Container of raspberries
- 1 Container of blueberries
- 1 Container of strawberries
- 1 Box of honey bunches of oats cereal

Prep. time:	Cook time:	Total time:
10 min	None	10 mins



Directions:

In a cup, place a layer of yogurt, a layer of fruit, a layer of yogurt, a layer of fruit, and finally a layer of yogurt and top with crunchy cereal.

Repeat for the other cups.

Quick Tips:



Check your pantry and fridge for ingredients before you shop!

WIC Fruit & Vegetable Cash Benefit: \$15.97

WIC Yogurt: \$4.55 WIC Cereal: \$4.29 Non-WIC: \$0.00

^{*}Prices are based by Paulbeck's County Market- Aitkin, MN





THE ULTIMATE FRUIT & VEGETABLE CART



Vegetables

(1) Spinach, bag

Fruits

(1) Fresh pineapple, whole

*Prices are based by Paulbeck's County Market
**Prices are contingent on regular or sale prices

\$7.98

COMPARE WHAT'S IN THE CART .

Vegetables

(1) Green bell pepper (1) Tomato

(1) Mushrooms, container

(1) Spinach, bag

(1) Cucumber, large

(1) Baby carrots, bag

(1) Cauliflower, head

Fruits

(2) Strawberry, containers (2) Large bananas

*Prices are based by Paulbeck's County Market **Prices are contingent on regular or sale prices

\$32.63



Recipes!



Grocery LIST



PRODUCE	MEAT/EGGS	PANTRY
(1) Green pepper	Optional -pepperoni	Semi-sweet chocolate chips
(1) Tomato	Optional - Canadian bacon	
(1) Container of mushrooms		
(1) Fresh pineapple		
(1) Bag of spinach		
(2) Large bananas		
(2) Containers of strawberries		
(1) Large cucumber		
(1) Head of cauliflower		
(1) Bag of baby carrots	FROZEN	
		BAKING
DAIRY		
(1) - 8 or 16 oz package of		
mozzarella cheese		
	BAKERY & DELI	OTHER
		(1) - 16 oz package whole
		wheat tortillas
		(1) - 15 oz can tomato sauce
		(1) Can of black olives
	Π	

MINI PARTY PIZZAS

Ingredients:

- Whole wheat tortillas
- 1 Can of 15 oz tomato sauce
- 1 Green pepper
- 1 Tomato
- 1 Container of mushrooms
- 1 Fresh pineapple
- 1 Can of black olives
- 1 Bag of spinach
- 1 Bag of shredded mozzarella cheese
- Optional canadian bacon
- Optional pepperoni

Prep. time:	Cook time:	Total time:
10 min	10 mins	20 mins

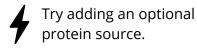


Directions:

Spread tomato sauce onto tortillas and add your favorite toppings. Sprinkle with cheese.

Bake pizzas at 425 degrees Fahrenheit on foil-lined cookie sheets for 10-12 minutes or until cheese is melted.

Quick Tips:



Check your pantry and fridge for ingredients before you shop!

WIC Fruit & Vegetable Cash Benefit: \$13.96

WIC Whole Grains: \$2.99

WIC Cheese: \$3.65

Non-WIC: \$2.78, or Optional ingredients: \$4.55/\$4.65

*Prices are based by Paulbeck's County Market- Aitkin, MN



^{**}Prices are contingent on regular or sale prices

Nutritious and Delicious Dessert

FUDGY FRUIT

Ingredients:

- 2 Tbsp. semi-sweet chocolate chips
- 2 Large bananas
- 2 Containers of strawberries

Prep. time:	Cook time:	Total time:
5 min	10 mins	15 mins



Directions:

Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.

Place fruit on a small tray covered with a piece of wax paper. Use a spoon to drizzle the melted chocolate on top of the fruit.

Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Quick Tips:



Try substituting raspberries and other fruit!



Check your pantry and fridge for ingredients before you shop!

WIC Fruit & Vegetable Cash Benefit: \$10.80
Non-WIC: \$2.69

*Prices are based by Paulbeck's County Market- Aitkin, MN

**Prices are contingent on regular or sale prices



VEGGIE SNACK PACKS

Ingredients:

- 1 lb. Baby carrots
- 2 Crowns fresh cauliflower, cut into florets
- 1 Large cucumber, cut into slices

Quick Tips:



Switch up the vegetables and dips each week to make sure a variety is being offered for best nutrition.

<u>Veggies (other):</u>

- 1. Celery
- 2. Bell peppers or mini peppers
- 3. Snow peas
- 4. Radishes
- 5. Broccoli florets



Dips:

- 1. Honey Mustard Sauce
- 2. Hummus
- 3. Scallion Herb Cream Cheese Spread
- 4. Guacamole



Prep. time:	Cook time:	Total time:
5 min	10 mins	15 mins



Directions:

Place the dressing cups in the center of your meal prep containers and fill each with about 1/4 cup dressing (see bonus recipe).

Divide the vegetable between the four containers, packing them around the dressing cups.

Refrigerate the veggie snack packs up to 5 days.

WIC Fruit & Vegetable Cash Benefit: \$7.87

*Prices are based by Paulbeck's County Market- Aitkin, MN

**Prices are contingent on regular or sale prices





CHICKEN POT PIE

Ingredients:

- 1 Packaged unbaked refrigerated pie crust
- 1 Cup white onion, chopped
- 1 Cup celery, sliced
- 1 Cup red bell pepper
- 2 Tbsp. butter
- 1/4 Cup flour (whole wheat)
- 3/4 Tsp. thyme
- 1/4 Tsp. salt
- 1 Cup chicken broth
- 3/4 Cup milk
- 2 1/2 Cup shredded chicken
- 1 Cup frozen peas
- 1 Cup carrots, sliced
- 1 Egg, beaten

Quick Tips:

4

Check your pantry and fridge for ingredients before you shop!

Prep. time:	Cook time:	Total time:
20 minutes	30 minutes	50 minutes



Directions:

Boil 2 chicken breasts for 10 minutes or until internal temp reaches 165 degrees Fahrenheit. Once cooked, shred the chicken. Cook onion, celery, carrots, and pepper in hot butter over medium heat for 4-5 minutes. Stir in flour, thyme, salt. Add in chicken broth and milk all at once. Cook and stir until thickened. Stir in cooked chicken and frozen peas.

Pour mixture into a deep baking dish, and place pie crust over the mixture. Using a sharp knife, cut slits into the pie crust to allow the steam to escape.

Bake uncovered at 400 degrees Fahrenheit for 30 minutes, or until crust is golden brown. Let stand for 15-20 minutes. Serve and enjoy!

WIC Fruit & Vegetable Cash Benefit: \$9.59

WIC Milk: \$3.49 WIC Eggs: \$1.39 Non-WIC: \$20.98



^{*}Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices



STUFFED PEPPERS

Ingredients:

- 1/2 Cup uncooked brown rice
- 2 Tbsp. olive oil, plus more for drizzling
- 1 Medium onion, chopped
- 2 Tbsp. tomato paste
- 3 Cloves garlic, minced
- 1 lb. ground beef
- 1 Medium tomato, diced
- salt
- 6 Bell peppers, tops and cores removed
- 1 Cup shredded monterey jack cheese

Quick Tips:



Check your pantry and fridge for ingredients before you shop!

Prep. time:	Cook time:	Total time:
10 minutes	50 minutes	60 minutes



Directions:

Preheat oven to 400 degrees Fahrenheit. In a small saucepan, prepare rice according to package directions. In large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook for about 1 minute more. Add ground beef and cook, about 6 minutes, drain the fat.

Return the beef mixture to the skillet, then stir in cooked rice and diced tomato. Season with salt and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.

Place peppers cut side up in a baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with cheese and then cover baking dish with foil. Bake for about 35 minutes, uncover and bake for an additional 10 minutes.

WIC Fruit & Vegetable Cash Benefit: \$12.51

WIC Brown Rice: \$1.09 WIC Cheese: \$3.65 Non-WIC: \$11.33



**Prices are contingent on regular or sale prices





TURKEY BACON CAULIFLOWER "MAC" 'N' CHEESE

Ingredients:

- 3 Medium heads of cauliflower
- 2 Slices of turkey bacon
- 2 Cup of 1% milk
- 1 Cup of low-fat shredded cheddar cheese
- 1/4 Nutritional yeast
- 1 Tbsp. + 1 Tsp. cornstarch

Prep. time:	Cook time:	Total time:
4 minutes	36 minutes	40 minutes



Directions:

Preheat oven to 400 degrees Fahrenheit. Spread cauliflower on a 9x13 pan and set a side.

Place a piece of paper towel on a cutting board. Place bacon in a large non stick skillet over medium heat for 2 minutes, flip. Cook for an additional 2 minutes and remove and place on paper towel. Chop and sprinkle over cauliflower.

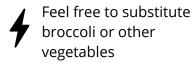
Discard excess oil from skillet and place milk in the skillet. Add cheese and whisk to combine. Add nutritional yeast and cornstarch slurry; whisk for 1-2 minutes until thickened

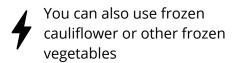
Pour cheese mixture over caulifower and bacon. Cook for 25-30 minutes.

WIC Fruit & Vegetable Cash Benefit: \$10.00

WIC Milk: \$3.79 WIC Cheese: \$3.65 Non-WIC: \$9.93

Quick Tips:





Check your pantry and fridge for ingredients before you shop!



^{*}Prices are based by Paulbeck's County Market- Aitkin, MN

^{**}Prices are contingent on regular or sale prices



Nutritious and Delicious Dessert

MANGO FRUIT ROLLS

Ingredients:

• 3 Chopped mangos

Prep. time:	Cook time:	Total time:
5 minutes	3-4 hours	4 hour 5 minutes



Directions:

Preheat the oven to 160 degrees Fahrenheit. Line a large baking sheet with parchment paper and set aside.

Place mango in a food processor or blender and pulse until smooth

Use a spatula to spread the mango evenly in a thin layer on the parchment paper.

Bake mango spread for 3-4 hours, or until dry.

transfer mango spread, with parchment still attached, to a cutting board; cut into 4 equal pieces.

Store refrigerated in an air tight container for up to 1 week.

WIC Fruit & Vegetable Cash Benefit: \$5.97
Non-WIC: \$0.00

^{*}Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices



Quick Tips:

4

fridge for ingredients before you shop!

Check your pantry and



EGG SOUFFLÉS

Ingredients:

- 2 Cups mixed chopped vegetables (like bell peppers, spinach, and onion)
- 5 Large eggs
- 1 Cup shredded white extra sharp cheese
- 1 Cup cottage cheese
- 1/8 Tsp. salt
- 1/8 Tsp. pepper

Egg bites are great, makeahead breakfast recipe.
Double the recipe, and freeze individual portions in zip lock baggies. They are easy to take out and heat in the microwave for a quick breakfast!

Prep. time:	Cook time:	Total time:
5 minutes	30 mins	35 minutes



Directions:

Preheat oven to 350 degrees Fahrenheit. Spray six or more cups in a regular-sized muffin tin generously with nonstick spray.

In a large bowl, whisk the eggs. Then whisk in the cheese, cottage cheese, salt and pepper. Alternately, you can combine the eggs and cottage cheese in the blender (or food processor and hand mixer), and then stir in the cheese, salt and pepper. This results in a fluffier texture without the cottage cheese being visually present.

Pour the mixture into the muffin tins- filling each about 1/2-full to leave room for the egg to expand while baking.

Bake 30 minutes, or until the eggs are completely cooked. Remove from the oven, take out of the tin and serve warm.

WIC Fruit & Vegetable Cash Benefit: \$6.22

WIC Cheese: \$3.65 WIC Eggs: \$1.55

Non-WIC: \$3.75 (cottage cheese)







Homemade Condiments

GREEK YOGURT RANCH DRESSING

Ingredients:

- 4 Cups Greek yogurt, plain
- 4 Tbsp. Hidden Valley
 Ranch Buttermilk Ranch
 Mix

Prep. time:	Cook time:	Total time:
1 minute	None	1 minute



Directions:

- 1. Open ranch mix. Scoop out 4 Tbsp. of seasoning and place in mixing bowl.
- 2. Remove lid of Greek yogurt container. Measure out 4 cups of Greek yogurt and mix well in mixing bowl with dry ranch seasoning.
- 3. Mix together until well incorporated
- 4. Serve and enjoy!

Store in refridgerator for 1 week!

WIC Yogurt: \$3.49 *Non-WIC:* \$0.75

*Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices



Quick Tips:

4

Check your pantry and fridge for ingredients before you shop!



Homemade Condiments

HOMEMADE HUMMUS

Ingredients:

- (1) 15 oz. can chickpeas*
- 2 Tbsp. olive oil
- 1/4 Cup lemon juice
- 1/4 Cup tahini
- 1 Clove garlic
- 1/2 Tsp. salt
- 1/4 Tsp. ground cumin

Prep. time:	Cook time:	Total time:
5 minute	None	5 minute



Quick Tips:

Switch up the flavor! Try making roasted red pepper, parsley scallion, or jalapeno cilantro hummus.

Homemade hummus will stay good in your refrigerator for about 5 days.

Check your pantry and fridge for ingredients before you shop!

Directions:

Drain the chickpeas. Place the drained chickpeas in a food processor along with the olive oil, lemon juice, tahini, garlic, salt, and cumin.

Pulse the mixture in a blender or food processor until it is fairly smooth. If the mixture is too dry to process smoothly, add a couple tablespoons of water, extra olive oil, or liquid from the canned chickpeas.

Taste the hummus and adjust the salt, cumin, lemon, or garlic to your liking.

NOTES:

About 1.75 to 2 cups chickpeas or can substitute with garbanzo beans

WIC Beans: \$1.25

Non-WIC: \$14.69 (you may already have some of these ingredients)

*Prices are based by Paulbeck's County Market- Aitkin, MN **Prices are contingent on regular or sale prices

