

Cheese Garlic Biscuits

(Source: Recipe by Maureen Sgambelluri)

WIC Foods Used: Cheese
Milk

Yields: 10-12 Biscuits

Ingredients: 2 cups Bisquick® Baking Mix
2/3 cup milk (WIC)
½ cup shredded cheddar cheese (2 ounces) (WIC)
¼ cup margarine or butter, melted
¼ cup teaspoon garlic powder

What to Do:

1. Preheat oven to 350 degrees F.
2. Mix baking mix, milk and cheese until soft dough forms;
beat vigorously 30 seconds
3. Drop dough by spoonfuls onto un-greased cookie sheet
4. Bake 8 to 10 minutes or until golden brown. Mix margarine and garlic powder;
brush over warm biscuits before removing from cookie sheet.
5. Serve warm

Nutrition Facts per serving:

Calories	129
Total Fat	8.0 g
Total Carbohydrate	11.0 g
Dietary Fiber	.04 g
Calcium	90.0 mg
Protein	3.0 g

Value: % Calcium

**Pregnant/
Breastfeeding** 7.5%

Adult/Children 11.0%

Tomato Macaroni and Cheese

(Source:allrecipes.com)

WIC Foods Used: Cheese

Yields: 6 one-half cup servings

Ingredients: 8 ounces (2 cups) elbow macaroni
14.5 ounce can stewed tomatoes
8 ounces (2 cups) cheddar cheese, shredded (WIC)

What to Do:

1. Preheat oven to 350 degrees F.
2. Bring a large pot of lightly salted water to a boil. Add macaroni and cook until almost done, about 8 minutes; drain
3. Mix coked macaroni with tomatoes and shredded cheese, Pour into a baking dish and bake in a preheated oven for 30 minutes.

Nutrition Facts per serving:

Calories	516
Total Fat	14 g
Total Carbohydrate	75 g
Dietary Fiber	3 g
Calcium	472 g
Protein	22 g

Value: % Calcium

Pregnant/ Breastfeeding	39%
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Adult/Children	58%
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Broccoli and Cheese Soup

(Source: Recipes by Mary Branscombe)

WIC Foods Used: Cheese

Yields: 6 one-cup servings

Ingredients:

2 tablespoons olive oil	2 cups water/stock
2 onions, chopped	2 heads broccoli florets (about 2 cups)
6 medium potatoes, cubed	8 ounces cheddar cheese (WIC)

What to Do:

1. Heat oil in large skillet, add onions and potatoes. Sauté for 5 minutes
2. Add 2 cups water or stock and 1 cup of broccoli
3. Cook for about 20 minutes at a fast simmer
4. Add the other cup of broccoli, simmer for another 2 to 3 minutes
5. Remove from heat
6. Add 8 ounces grated cheddar cheese and stir until cheese melts. Put into serving bowls. Serve with fresh brown bread

Nutrition Facts per serving:

Calories	334
Total Fat	17.0 g
Total Carbohydrate	33.0 g
Dietary Fiber	4.4 g
Calcium	324mg
Protein	14 g

Value: % Calcium

**Pregnant/
Breastfeeding** 27%

Adult/Children 40%

Egg N Cheese Dog

(Source: enc-online.org)

WIC Foods Used: eggs, cheese
milk

Yields: 1 Adult, 2 Child size

Ingredients: 2 eggs (WIC)	cooking spray
2 tablespoons whole milk (WIC)	1 slice Am. cheese (WIC)
¼ teaspoon salt	1 slice lean cooked ham (1oz)
¼ teaspoon pepper	1 each hot dog bun

What to Do:

1. In small bowl, beat together eggs, milk, salt, and pepper
2. Lightly spray a 7 to 8 inch skillet with cooking spray
3. Over medium heat, heat pan until just hot enough to sizzle a drop of water
4. Pour in egg mixture
5. With pancake turner, carefully push cooked portions at edges toward center so uncooked portion can reach hot pan surface
6. When top is thickened and no visible liquid egg remains, top with cheese and ham, if desired.
7. With pancake turner, roll omelet. Slide into hotdog bun

Nutrition Facts per serving:

Calories	403
Total Fat	21 g
Total Carbohydrate	23 g
Dietary Fiber	1 g
Protein	28 g

Value: % Protein

**Pregnant/
Breastfeeding** 46%

Adult/Children 56%