



SUPER
SWAPS

Berry Strong SMOOTHIE

Ingredients

- 1 cup blueberries, frozen
- 1/3 cup Greek yogurt, plain
- 3/4 cup milk of choice
- 1 handful spinach, fresh
- 1 1/4 cup rolled oats

Instructions

1. Add all ingredients into a high-power blender.
2. Blend until smooth.
3. Enjoy.

Nutrition Facts: 1 serving = 289 Calories, 46.6g Carbohydrate, 4.4g Fat, 18.5g Protein

Total Servings: 1 serving



Apple

COOKIES

Ingredients

- 1 red or green apple
- ¼ cup peanut butter
- ¼ cup dark chocolate chips
- ¼ cup coconut shreds
- ¼ cup strawberries, chopped
- ¼ cup raisins

Instructions

1. Core the apple. Slice into rings.
2. Dry apple ring by blotting with a paper towel.
3. Spread peanut butter over one side of the ring.
4. Top with dark chocolate chips, coconut shreds, chopped strawberries and raisins or any other toppings.

Nutrition Facts: 1 slice = 170 Calories, 13.6g Carbohydrates, 12.7g Fat, 6.2g Protein

Total Servings: 5 slices



Mexican

ROLL UPS

Ingredients

- ¾ cup fat free refried beans, warmed
- 3 whole wheat tortillas
- 1 medium avocado, chunked
- ½ cup cheddar cheese, shredded
- 1 tomato, diced

Instructions

1. Warm tortillas to make them more pliable.
2. Spread a layer of refried beans on each tortilla.
3. Sprinkle on shredded cheese, avocado chunks and diced tomatoes.
4. Roll up tortillas, cover with plastic wrap.
5. Chill in refrigerator for at least 1 hour.
6. Slice tortilla rolls in 1 inch sections.
7. Serve with a fresh fruit side.

Nutrition Facts: 1 serving = 298 Calories, 34g Carbohydrate, 15g Fat, 11g Protein

Total Servings: 3 servings



Pineapple Chicken **FRIED RICE**

Ingredients

- 2 teaspoon sesame oil
- 1 tablespoon minced garlic
- ¼ teaspoon red pepper flakes
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes
- 1 (8.8-ounce) instant brown rice
- 1 small onion, diced
- 1 cup pineapple, frozen, chunked
- 2 cups frozen peas and carrots mix
- 6 green onions, thinly sliced
- 2 eggs
- ¼ cup less-sodium soy sauce



Pineapple Chicken **FRIED RICE**

Instructions

1. In a wok or a large skillet, heat 1 teaspoon of the sesame oil over medium-high heat. Add the garlic and red pepper flakes and stir constantly using a wooden spoon or spatula for 1 minute or until fragrant.
2. Increase the heat to high and add the chicken. Cook for 4 to 6 minutes, turning and moving the chicken constantly while cooking. Scrape the chicken and garlic onto a plate and set aside.
3. Microwave the rice according to package directions. Set aside.
4. Add the remaining 1 teaspoon of sesame oil to the pan. Once hot, add the onion, peas and carrots, pineapple and half of the green onions and stir-fry, constantly moving the mixture until the onions and carrots soften, 3 to 5 minutes.
5. Push the vegetables to the outer edges of the wok or skillet to open up the center. Crack the eggs into the pan and scramble. When the eggs are cooked through, combine with the vegetables. Reduce the heat to medium.
6. Add the reserved chicken, cooked brown rice and soy sauce to the vegetable mixture and stir to combine.
7. Serve garnished with the remaining green onions.

Nutrition Facts: 1 serving = 215 Calories, 20g Carbohydrates,
8g Fat, 22g Protein Total Servings: 6 servings



Breakfast

MUFFINS

Ingredients

- 2 bell peppers, diced, any color
- 1 cup cheddar cheese, shredded
- 3 cups spinach, fresh, chopped
- ½ cup cottage cheese
- 8 eggs, large

Instructions

1. Preheat oven to 350 degrees and lightly grease a standard-sized muffin pan.
2. Add the diced bell pepper to a large mixing bowl.
3. Add eggs, cottage cheese, shredded cheddar, and a pinch of salt and pepper.
4. Add chopped spinach to mixing bowl. Stir until well combined.
5. Scoop the egg and veggie mixture into the muffin tin and bake 25-30 minutes, or until eggs have set. Cool slightly before removing from the pan.

Nutrition Facts: 1 serving = 2 muffins, 200 Calories, 5 Carbohydrates, 21g Fat, 25g Protein
Total Servings: 6 servings



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RECIPES

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