



# RHODE ISLAND WIC VIRTUAL FOOD DEMOS



A partnership between Lifespan Community Health Institute  
and Rhode Island WIC

## Honey Oat Parfait

*Simple Recipe that can be served with other fruits*

**Yield:** 8 ounces

**Serving Size:** 1 serving

**Number of Servings:** 1

### Ingredients:

8 ounces	Non-Fat or Plain yogurt
$\frac{1}{4}$ cup	Strawberries, sliced, fresh or frozen
$\frac{1}{4}$ cup	Blueberries, fresh or frozen
1	Banana, sliced, medium sliced
$\frac{1}{4}$ cup	Honey Bunches of Oats cereal
1 Tablespoon	Honey



### Method of Preparation:

1. Gather all the ingredients.
2. Place the yogurt in a bowl, Stir in the honey. Cover the bowl with plastic wrap and place it in the refrigerator to chill for 10 minutes.
3. Put  $\frac{1}{4}$  of the yogurt in a cup and create layers to your parfait with strawberries, blueberries, bananas, granola and yogurt.

**Chef's notes:** Add any kind of fresh fruit. If you want to flavor your yogurt. I love to put a little bit of vanilla extract and cinnamon with honey.

NOTE: Honey is not recommended for children under 2 years old.

## Stuffed Peppers with Bean Salad (Vegetarian Option)

*Simple Recipe that can be served with other vegetables or grains*

**Yield:** 8 ounces

**Serving Size:** 1 serving

**Number of Servings:** 1

### Ingredients:

1	Red bell Pepper (can also use green or yellow peppers)
$\frac{1}{2}$ cup	Garbanzo beans, canned
$\frac{1}{4}$ cup	Brown Rice, dry
1 can	Sweet Corn
1 Tablespoon	Extra Virgin Olive oil
1	Lime
1 teaspoon	Oregano
1 teaspoon	Paprika
1 teaspoon	Salt
1 teaspoon	Pepper
2 teaspoons	Basil



### Method of Preparation:

1. Gather all the ingredients.
2. Preheat the oven to 350F.
3. Put  $\frac{1}{4}$  cup of brown rice and  $1\frac{1}{2}$  cups of water in a saucepan and bring to a boil then turn down the heat and simmer approximately 30 minutes or until the rice is done. Drain the rice.
4. Drain the chickpeas and cook in a large frying pan over medium heat. Season the chickpeas with salt, pepper, paprika, basil and oregano.
5. When the chickpeas are all coated in spices, squeeze the lime over them. When the chickpeas are lightly browned, open the can of corn and pour out  $\frac{1}{2}$  of the water. Pour the corn and remaining corn water in the pan with the chickpeas and simmer. When the water has been absorbed, remove the chickpea/corn mixture from the stove and set aside.
6. Meanwhile, cut the tops off of the peppers, spoon out the ribs and seeds, then rinse. Sprinkle the inside of the peppers with Kosher salt and drizzle with olive oil. Place in the oven on a sheet pan covered with parchment paper or foil. Bake until softened.
7. Remove cooked pepper from the oven. Stuff the halves with rice and the hot bean salad. Enjoy!

**Chef's notes:** This vegetarian/vegan option could be served with other grains like Quinoa which could increase the protein in the dish.

## Spicy Tuna Wraps

*Simple Recipe: For low carb or keto, substitute wheat wraps with lettuce leaf*

**Yield:** 8 ounces

**Serving Size:** 1 serving

**Number of Servings:** 1

### Ingredients:

1	Tuna, 5-6 oz. can
2	Whole wheat wrap, 6-inch
$\frac{1}{4}$ cup	Plain yogurt
$\frac{1}{4}$ cup	Red onion, diced
$\frac{1}{4}$ cup	Celery, sliced
	Salt/Pepper to taste
2	Romaine lettuce leaves
1	Roma tomato, rough chop
1 teaspoon	Sriracha sauce



### Method of Preparation:

1. Gather all the ingredients.
2. To make the salad combine the tuna, red onion, celery, sriracha, salt/pepper (to taste) and yogurt together in a bowl, creating a tuna spread.
3. Assemble: top the tortilla with a lettuce leaf, half the tuna mixture, tomato, and any other additional toppings.
4. Tightly roll up the tortilla like a burrito, slice and enjoy.

**Chef's notes:** Canned tuna and other fish are considered high quality proteins. Optional wrap add-ins: olives, thinly sliced matchstick carrots, avocado and cucumber.

## Avocado Toast

*Simple Recipe that can be served for any breakfast meal or snack*

**Yield:** 8 ounces

**Serving Size:** 1 serving

**Number of Servings:** 1

### **Ingredients:**

1	Avocado, ripe
1 teaspoon	Garlic, minced
¼ cup	Basil, fresh or a sprinkle of dried
1 slice	Whole wheat bread
1	Egg, white or brown
	Salt/Pepper to taste



### **Method of Preparation:**

1. Gather all the ingredients.
2. Bring a pot of water to a boil and add the egg. Cook for 10 min until hard cooked.
3. Under the broiler toast the slice of bread topped with the minced garlic, until golden.
4. Remove the pit from the avocado. Use a large spoon to scoop out the flesh. Put it in a bowl and mash with a fork until it's as smooth as you like it. Mix in salt, pepper to taste.
5. Spread avocado on your toast. Top with eggs, salt and pepper to taste, and basil.

**Chef's notes:** The egg could be substituted with tomatoes for a vegetarian option. Look for a firm, ripe avocado not soft/over-ripe. Remove any bruised or dark brown spots with a spoon.