

**March Online Supplement to *The WECA CACFP Provider Connection*  
Paulette's Easy Chicken Enchilada Casserole**



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|-------------------------------------------------|---------------------------------------------------|
| 1 lb. boneless skinless chicken breasts         | 1 tsp. olive oil                                  |
| 1 pkg. corn tortillas, cut into strips          | 1 29-oz. jar enchilada sauce                      |
| 1 15-oz. can black beans, rinsed/drained        | 1 12-oz. pkg. shredded low-fat cheese             |
| 1 small can sliced black olives, rinsed/drained | 1 bunch green onions, chopped, including the tops |
| cooking spray                                   |                                                   |

Slice chicken into strips (easiest to do when it's still partly frozen). Stir-fry the chicken with the white part of the chopped onion, in the olive oil, until cooked through, about five minutes. Set aside.

Preheat oven to 350 degrees. Coat the bottom/sides of a 13" by 9" baking dish with cooking spray, and add enough enchilada sauce to just cover the bottom of the dish. Put in layer of tortilla strips, then a layer of the chicken mixture, half of the beans, and one-third of the cheese. Top with more sauce, and a layer each of tortillas, the chicken mixture, beans, and cheese. Top with remaining tortilla strips and sauce, being sure that all tortillas are covered with sauce. Finally, top all with the rest of the cheese, the green onion tops, and olives.

Cover the dish with foil and bake for 15 minutes. Remove foil and bake for 10-15 more minutes, or until the contents are bubbling. Remove from heat; let stand for five minutes before serving.

You can substitute ground beef or turkey for chicken. Or omit the meat, and add another can of rinsed, drained beans, like pinto beans, for a vegetarian dish.

See your WECA Food Program manual (pp. 44-45) for required portion sizes.

Credit: Share Wisconsin, sharewi.org. Resources, Recipe archives. September 2007.



**Do you serve these healthy foods?**

- **Cabbage.** Why is it healthy? A cup has just 22 calories, is loaded with nutrients, and has lots of crunch. Red or green, add shredded cabbage to burgers.
- **Beets.** Why are they healthy? An excellent source of nutrients, beets are naturally sweeter than any other vegetable. Try one fresh and raw, by washing, peeling, grating, and then tossing it with 1 tablespoon of olive oil and the juice of half a lemon.
- **Pomegranate juice.** Why is it healthy? Four ounces provide 50 percent of daily vitamin C needs. A small serving can have a big impact.
- **Cinnamon.** Why is it healthy? It can help control blood sugar. Sprinkle on top of oatmeal.
- **Pumpkin seeds.** Why are they healthy? They're rich in magnesium and fiber. Eat them whole.
- **Dried plums (prunes).** Why are they healthy? They contain antioxidants that may prevent cell damage leading to cancer. Chop and add to muffin batter.
- **Swiss chard.** Why is it healthy? Swiss chard helps prevent eye damage due to aging. Serve as you would any other greens.
- **Guava.** Why is it healthy? It has lots of potassium and fiber. Eat whole, rind and seeds.

Credit: Men's Health, health.msn.com. 2007.



**Saturday, March 20 is the first day of spring:**

**Grow a sweet potato vine (or visit [avocado.org](http://avocado.org) for how to grow an avocado plant)**

- A sweet potato plant can be started in a glass of water, just like an avocado seed can.
- Suspend it over the water by poking three/four toothpicks into the sides of the potato, like spokes on a wheel.
- About two-thirds of the potato should be in the water, with the pointed side of the potato facing down.
- Start it in a bright sunny location, and have the children keep it watered.
- It will produce vine-like stems in about two weeks; vines will be weak and should be tied to a stake.
- The potato can be planted outside in late May.

Credit: University of Illinois Extension. [urbanext.illinois.edu](http://urbanext.illinois.edu). 2010.

### **Here's what we accomplished together in fiscal year 2008-2009!**

The WECA food program office processed an average 1,329 claims every month. Almost 16,000 claims were processed, amounting in reimbursements totaling over six million dollars. That money went to family child care providers (just like you) all around Wisconsin, and was spent in your communities.

You served nutritious meals and snacks to almost 26,000 Wisconsin children. Be proud of what you do!  
You do important work!

### **Pay attention to the sodium content of foods**

Table salt contains sodium and chloride. Both are essential nutrients, but most of us eat much more salt and sodium than we should. For many people, this will increase their risk of getting high blood pressure. You can help kids learn to enjoy the good taste of foods with less salt.

Most of the salt we eat is added during manufacturing to produce the good-tasting processed convenience foods that we all love. (For example, a State Fair classic corn dog contains 450 mg. of salt.) Foods with larger amounts of added salt include:

Cured and processed meats.	Breads and bakery products.
Cheese.	Prepared frozen dinners and entrees.
Crackers.	Packaged mixes.
Ready-to-eat cereals.	Canned soups.

Catsup, mustard, relish, salad dressings, soy sauce, MSG (monosodium glutamate), miso (a Japanese seasoning made with fermented soybeans, rice, or barley), and bouillon also add lots of sodium to foods.

Read food labels to identify products with less sodium. Buy the lower-salt and no-salt-added versions of products. Serve higher-sodium products in smaller portions and less often. Gradually reduce the salty extras in your cooking, especially if the ingredients already contain sodium. Leave the salt shaker off the table. Rely on herbs, spices, and lemon juice to enhance food's natural flavor.

The Mayo Clinic website ([mayoclinic.com](http://mayoclinic.com)) advises that children, two through 13 years, get no more than 1,000 to 1,500 mg. of sodium per day, depending on age.

### **Wednesday, March 17 is St. Patrick's Day**

Go to [activityvillage.co.uk](http://activityvillage.co.uk) and click on Holidays. Select St. Patrick's Day to find fun activities for kids.

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